

AUSTRALIAN diabetic LIVING

TYPE 1 SPECIAL REPORTS

✓ MAKING
SENSE OF THE
DOLLARS

✓ IS YOUR
DIAGNOSIS
RIGHT?

PLUS!

DECODING
YOUR CGM
DATA

AROMATIC
CHICKEN
HOTPOT
See page 54

*Why the
fuss about
Wegovy?*

EAT WELL SAVE MONEY!

+ STOCK YOUR FREEZER + SOUPS TO SAVOUR
+ 10 TIPS FOR BUDGET HEALTHY EATING

**KIDNEY HEALTH
AND DIABETES**
7 things you
should know

MY STORY
How Natalie beat
prediabetes and
learned to thrive

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▶ FOOD

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MAY/JUNE 2023

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FOR THE 'ON THE RUN' MUM

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46



92



**NEXT
ISSUE
ON SALE
JUNE 15**

40



Making cents

It's hard to avoid the news about the cost-of-living crisis at the moment. Belts are being tightened and most of us are looking pretty closely at where every dollar is spent. I know I'm renewing my efforts to grow more vegetables and am trying to talk my elderly hens into continuing to lay eggs over winter. With budgets in mind, we've focussed on the dollars this issue with the aim of making life a little easier for you on the financial side of things.

Get started on page 92 for our feature on 10 ways to eat well on a budget (yes, you'll want to cut down on takeaway). Our food section is full of recipes for hearty soups (p44), meals that are designed to fill your freezer (great to make when you find a good deal at the supermarket) and baked goodies that cost far less than store bought. If you're type 1, we've also got a feature that talks about the costs associated with diabetes and what assistance you might be able to access.

Living with diabetes can mean processing a lot of data (and making a lot of decisions), so you won't want to miss Dr Kate Marsh's article on interpreting data from your CGM (p118). It's hugely helpful in understanding exactly what's going on and making sure you're getting the most out of this amazing technology.

Did you know that about 10 per cent of adults diagnosed with type 2 diabetes actually have type 1 diabetes, and that more than a third of adults with type 1 diabetes were misdiagnosed and initially treated for type 2? To find about more, take a look at our article from Baker Heart and Diabetes Institute (p98) about misclassification and what it can mean.

I hope you enjoy this issue and, as ever, we love hearing what you think of the magazine. Until next time!



Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au



diabeticliving.com.au



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

d diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?**

This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life



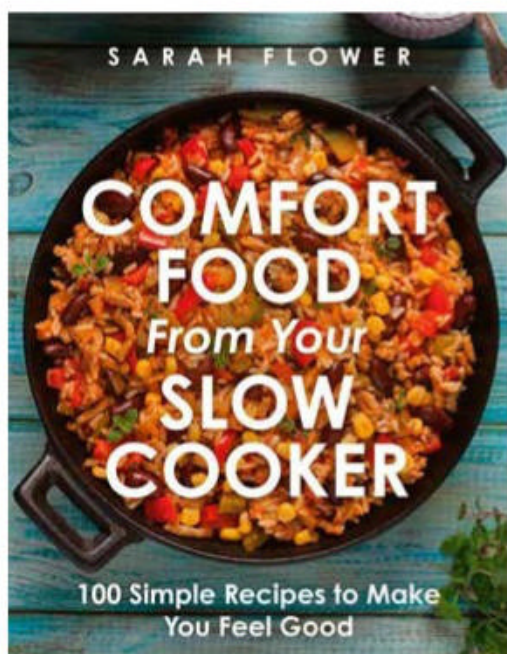
HAD GESTATIONAL DIABETES? READ THIS...

Gestational diabetes is Australia's fastest growing type of diabetes, with as many as one in 10 pregnant women developing it. And while it usually resolves once baby is born, women who've had it have a 10 times higher risk of developing type 2 diabetes further down the track. But, according to fresh research, something as simple as a cup of coffee may offer some protection. Following 4500 women with a history of gestational diabetes for more than two decades, the study found that drinking four cups of caffeinated coffee a day reduced the risk of type 2 by 53%, and even one cup a day cut the risk by 10%. What's so good about coffee? The researchers say it's likely due to its bioactive components, such as polyphenols, which are naturally-occurring plant micronutrients. To enjoy the effect, make sure the coffee is caffeinated, with the research finding decaffeinated coffee didn't have the same effect.

61%

How much your risk of dementia rises if you develop moderate to severe hearing loss, something people with diabetes are twice as likely to experience. The good news? While you can't do a lot to physically reverse hearing loss once it's occurred, you can – and should – wear hearing aids.

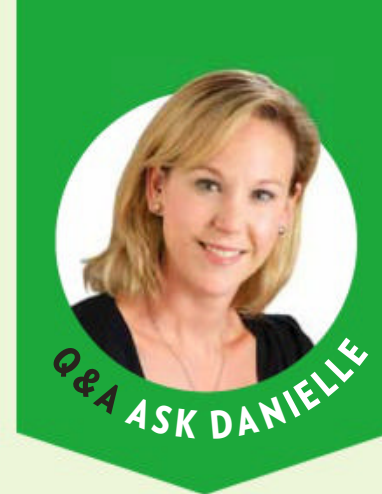
Amongst people with compromised hearing, hearing aid use was associated with a 32% reduced risk of dementia. It's important to have your hearing checked every three to five years if you're aged 18-59, or once every 12 months if you're over 60. Hearing Australia offers hearing checks at hundreds of locations across Australia. To book an appointment, visit hearing.com.au or call 134 432. If you think you may already be experiencing hearing loss, talk to your GP as soon as possible.



Comfort Food from your Slow Cooker

By Sarah Flower
Robinson, \$45.00

Developed to help you enjoy nourishing, comforting food without breaking the bank, this cookbook contains more than 80 delicious recipes that will help you get the most out of your slow cooker. Featuring everything from rustic coq au vin and comforting beef stew to yummy desserts, discover much-loved dishes that you can fit around your busy schedule.



Q: I've just discovered I've developed some neuropathy in my feet. I've always been a big fan of pedicures – can I still have them? And, if I can, what are some things I should bear in mind to stay safe?

Danielle says: We all love to be pampered with a pedicure, but if you have diabetes with risk factors such as neuropathy, then extra precautions should be taken to ensure that your feet remain healthy and free from complications.

Firstly, be cautious about where you go for a pedicure, what you are having done and who is doing it, because the standards of care will vary between clinics and even therapists, with regards to skill, hygiene and sterilisation, and this may increase your risk for infections and skin damage.

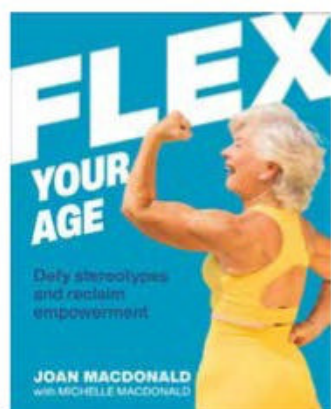
You should avoid having your nails cut and any hard skin – or calluses – removed, unless this is done by a podiatrist prior to a pedicure or performed in a medspa, which are now more readily available in Australia.

Once this is done you can sit back and enjoy the benefits of a lower limb massage, which is great for enhancing circulation, moisturisers for good skin integrity, and nail painting for pleasure, from an experienced technician or therapist.

Danielle Veldhoen, podiatrist

Colds really do love the cold

The old wives tale that you can catch a cold from being cold is a myth that was busted a long time ago, but new research does shed light on why upper respiratory infections, including the flu, are genuinely more common in colder temperatures. While the only way you can catch a cold is if you come into contact with a cold-causing virus, it turns out that when the temperature drops, a newly discovered immune response inside the nose is suppressed by about 42%. Conventionally, it was thought that cold and flu season occurred in cooler months because people are stuck indoors more, where airborne viruses can spread more easily, but the researchers say their findings offer a different explanation. As well as wrapping up warm as temperatures fall and practising good hygiene habits, it's a timely reminder to get your flu vaccine, if you haven't already.



Flex Your Age

By Joan MacDonald
Alpha, \$42.99

Learn motivation techniques, fitness and nutrition fundamentals and how to find and contribute to a community of support, so you can defy those age-related stereotypes and reclaim your power. Part memoir, part self-help, this book will help you learn what you're capable of and how to live your life to the full, no matter what age and stage in life you're at.

BEND YOUR HEART HEALTH INTO GOOD SHAPE

Physical activity is an important part of the puzzle when it comes to cardiovascular health, but adding yoga to your routine could boost the benefits. A study involving people living with high blood pressure and who exercised regularly, suggests that taking up yoga at the same time delivers benefits above and beyond adding a simple stretching routine. After three months, people who'd become yoga devotees experienced reductions in both blood pressure and resting heart rates, which means their 10-year cardiovascular risk improved. If you're living with diabetes, it could be worth taking the advice to heart, given heart disease is the main cause of death amongst people with diabetes. That fact also means getting a regular heart health check is vital. These 20-minute checks are covered by Medicare, so they're free if you attend a bulk-billing practice. Talk to your doctor about how regularly you should have a heart health check.

INTRODUCING

THE 5/30 RULE

By now you'll know that, regardless of how much planned or intentional exercise you do, spending as little time sitting down as possible is a smart move for the sake of your health and wellbeing. But what if your job or your lifestyle makes it tricky to stay on your feet more often than not? Good news – new research out of Columbia University shows taking a five minute walk, even if it's just around the house, every half hour offsets the harmful effects of prolonged sitting. Putting a few different combinations to the test, including one minute of walking per 30 minutes of sitting and five minutes

of walking per 60 minutes of sitting, the researchers found it was the five minutes of walking per 30 minutes of sitting that delivered the biggest benefit for blood sugar levels and blood pressure. "What we know now is that for optimal health, you need to move regularly, in addition to a daily exercise routine," says the study's lead author Keith Diaz, an associate professor of behavioural medicine. "While that may sound impractical, our findings show that even small amounts of walking spread through the work day can significantly lower your risk of heart disease and other chronic illnesses."

A NEW DRUG IS ON THE HORIZON TO DELAY TYPE 1



Called Teplizumab, it's already been approved for use in the United States to delay the onset of stage 3 type 1 diabetes in both adults and children. By binding to specific immune system cells, the drug delays the progression to stage 3 type 1 diabetes, which is where a person has raised blood glucose and is symptomatic, by approximately two years and may reduce the decline in beta cell function for up to seven years. While Teplizumab doesn't prevent type 1, the risk of long-term complications increases the longer someone has been living with it, so anything that delays its onset is beneficial.

As stage 2 type 1 diabetes isn't symptomatic, it's thought it will be those with a family member living with type 1 and who can be genetically screened, that may benefit most from the development of Teplizumab at this stage – however regular screening can also pick up stages 1 and 2 of type 1 diabetes. The next step is for the pharmaceutical company behind the drug to request approval from Australia's Therapeutic Goods Administration.



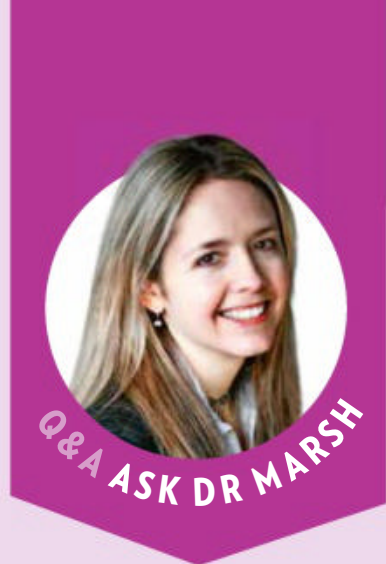
Q&A ASK DREW

Q: I started exercising regularly at the beginning of the year and with the winter weather approaching, I'm thinking about joining a gym for the first time. I'm excited, but I also have a fair bit of anxiety. I'm worried I'll look silly or won't know how to use the equipment.

Drew says: Sadly, gyms can be intimidating, especially if you're a first-timer. Here's what you can do to get around it.

- ▶ Hire a personal trainer to teach you the basics – once you learn the fundamentals, you'll have the confidence to train solo.
- ▶ Don't want to spend money on a trainer? Consider finding yourself a gym buddy. A more experienced training partner can guide you through your workouts and keep you accountable.
- ▶ You can also learn movements by watching online tutorials to familiarise yourself with some foundational exercises.
- ▶ Don't be shy to ask for help! We were all first-timers once and most people are happy to lend a hand. If you approach someone in between their sets and explain that you're new to the gym and could do with some advice or assistance, I'd be very surprised if they knock you back.
- ▶ Finally, keep in mind that machines are safe, effective and efficient by design, and will help you train target muscles without having to study tricky techniques.

Drew Harrisberg, exercise physiologist & diabetes educator



Q: I'm trying to eat fewer carbohydrates and am doing pretty well, but find creating low-carb breakfasts challenging, especially now I know that many fruits contain a surprising amount of carbohydrate. Help!

Kate says: There's no reason to avoid carbs when you have diabetes – the important thing is to choose high-fibre, minimally processed carbs, including fruit, along with minimally processed wholegrains, legumes and vegies. Lower-carb (but not no-carb) breakfast options, incorporating healthy carb choices, include:

- ▶ Poached or scrambled eggs with spinach, tomato, mushrooms and a slice of wholegrain sourdough toast
- ▶ Veggie frittata with sweet potato, corn, spinach and capsicum
- ▶ Natural Greek yoghurt with berries, nuts and seeds
- ▶ Dense wholegrain toast with avocado and tomato
- ▶ Home-made breakfast beans made from cannellini or kidney beans, tomato passata and your favourite herbs and spices
- ▶ Overnight oats with traditional rolled oats, chia seeds, berries, nuts, seeds and milk of choice.

Most commercial breakfast cereals are highly processed and are likely to increase blood glucose levels quickly. If you enjoy cereal, traditional or steel cut oats eaten as porridge, overnight oats or a natural muesli, are best.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

IS THIS THE 'FAST' WAY TO DIABETES REMISSION?



A new study suggests intermittent fasting can help people living with type 2 diabetes send it into remission. Over a 15-day period, study participants fasted for five consecutive days, restricting energy to 3500 kilojoules across all three daily meals, followed by 10 days of unrestricted eating. After following this 15-day pattern for three months, 50% of the study's participants no longer needed their medication to control their diabetes, and the vast majority of them had maintained diabetes remission at the 12-month follow up. While people who were taking fewer medications at the beginning of the study were more likely to achieve diabetes remission, the study challenges the view that diabetes remission is more likely for people who've lived with it for less time – more than half of the study's participants who experienced diabetes remission were diagnosed more than six years ago. If you're keen to give it a go, be sure to speak with your diabetes educator or dietitian first, as your diabetes medication may need to be adjusted.

The once-a-day habit that can boost wellbeing

Exercised? Tick. Eaten plenty of vegetables? Tick. But it turns out there's another simple thing you can do each day to stay well and it's making time for just one 'quality conversation' with a friend. New research from the University of Kansas in the US shows that people who do that feel happier and less stressed. And the conversation could be about one of many things, including catching up, having a meaningful chat, joking around, showing care and even just listening. "One of the take-home messages of this study is that there are many paths towards the same goal," says co-author of the study, University of Kansas professor of Communication Studies and friendship expert, Jeffrey Hall. Worried that you need to be happy and stress free in the first place, in order to have a quality



conversation? Don't panic. "The experimental design means that it's not just people who are already having fulfilling lives who have higher-quality conversations," says Hall. "This study suggests that anyone who makes time for high-quality conversation can improve their wellbeing. We can change how we feel on any given day through communication. Just once is all it takes." ■

PHOTOGRAPHY GETTY IMAGES

Sugar-free baking!

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Strawberry Shortcake Overnight Oats

Ingredients:

1/2 cup strawberry chunks
(fresh or frozen)

1/4 cup quick 1-minute oats

60ml unsweetened almond
or cashew milk

1/2 cup plain nonfat Greek
yoghurt

5 packets SLENDA®
Sweetener, divided

1/2 teaspoon vanilla extract

2 teaspoons pecan pieces,
toasted

Serving Size: 1 strawberry shortcake jar.

Method: In a small glass jar, add the strawberry chunks and 2 Splenda Sweetener sachets. Using the back of a fork, mash the strawberries at the bottom.

In a small bowl, stir together the oats, almond milk, Greek yoghurt, 3 sweetener sachets, and vanilla until well mixed. Pour it into the glass jar over the strawberries. Sprinkle chopped pecan pieces on top. Cover and refrigerate overnight.

In the morning, you have breakfast ready and on the go! Enjoy!

Notes: Adjust sweetness based on your liking. Add more sweetener packets if needed!

Strawberry Shortcake Oats may be quadrupled to make for a group; use a 20cm square pan, and chop up several strawberries for the topping in the morning. Sprinkle toasted pecans on top and serve!

Any milk may be used

Nutrition Info Per Serving

Energy	962kJ
Total Fat	6.00g
- Saturated	0.50g
Carbohydrate	29.0g
- Sugars	13.00g
Protein	15.00g
Sodium	105.00mg



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HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



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3. When you've filled the card with all 10 tokens, send the entry coupon and card to the address provided



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- **One lucky finalist will be drawn for the chance to play to win up to \$1 MILLION CASH!**



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MONDAY

Smoky chipotle
chicken soup

Recipe, page 20

Embrace bowl food! These vibrant meals are perfect for a work lunch or midweek dinner.

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

5 DAYS DINNERS

GFO

SPINACH FALAFEL & HUMMUS BOWL

PREP 15 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

75g baby spinach leaves

1 Lebanese cucumber, diagonally sliced

½ red onion, finely sliced

2 small (28g each) pita or gluten-free flatbread, cut into thick strips

FALAFEL

75g baby spinach leaves

½ x 420g can no-added-salt chickpeas, drained and rinsed

1 clove garlic, chopped

½ tsp ground cumin

¼ small bunch flat leaf parsley, finely chopped

1 tbsp plain flour or gluten free plain flour

Freshly ground black pepper

2 tsp olive oil, plus 1 tsp, extra for rolling

HUMMUS

½ x 420g no-added-salt chickpeas, drained and rinsed

1 tbsp olive oil, plus extra, to serve

1 clove garlic, roughly chopped

Juice of half lemon, plus extra to serve (optional)

1 tbsp tahini

25ml water

1 Preheat oven to 170°C (fan-forced). Line a baking tray with baking paper. To make the falafel, put the spinach leaves, chickpeas, garlic, cumin, parsley and flour in a small food processor. Season with pepper. Pulse until you have a rough mix.

2 Lightly oil your hands, then take a tablespoon of the falafel mix and roll into a ball, making 16 balls in total. Press each one down slightly with the palm of your hand. Brush the falafels with the 2 teaspoons of the oil. Place on the lined tray and bake for 20-25 minutes or until firm and golden, turning halfway through.

3 Meanwhile, to make the hummus. Put the hummus ingredients in a small food processor with the water. Cover and blitz until smooth and silky.

4 Divide the spinach, cucumber, red onion, falafel, hummus and bread between serving bowls. Drizzle with the extra olive oil. Sprinkle over the pepper. Serve with more lemon for squeezing over, if you like.

NUTRITIONAL INFO

PER SERVE 2030kJ (486Cal),

protein 17g, **total fat** 26g (sat. fat

5g), **carbs** 39g, **fibre** 13g, **sodium**

256mg • **Carb exchanges** 2½ • **GI**

estimate medium • **Gluten-free** option

TUESDAY

WEDNESDAY

GFO

ROASTED TERIYAKI VEGETABLE BOWL

PREP 15 MINS COOK 40 MINS SERVES 2 (AS A MAIN)

1 bunch broccolini, cut into 4cm lengths
 1 bok choy, quartered
 1 red onion, cut into 3cm wedges
 ½ red capsicum, sliced
 2 carrots, cut into wedges
 ½ x 420g can no-added-salt chickpeas, drained and rinsed, patted dry with paper towel
 1 tbsp sesame or olive oil
 1½ tbsp teriyaki sauce or gluten-free teriyaki sauce
 3cm piece ginger, grated
 Freshly ground black pepper
 55g (¼ cup) SunRice Low GI Brown Rice
 2 green shallots, finely sliced

2 tsp toasted black and/or white sesame seeds

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put the broccolini, bok choy, red onion, capsicum, carrot, chickpeas, oil, 1 tbsp of the teriyaki sauce and the ginger in a bowl. Toss until everything is well coated. Season with pepper. Tip onto the lined tray and spread out in a single layer.

2 Bake the vegetables for 35-40 minutes, tossing halfway during cooking, or until they are starting to brown.

3 Meanwhile, cook the rice following packet directions.

4 Divide the rice between serving bowls and top with the roasted vegetables. Drizzle over the reserved teriyaki sauce and scatter with the green shallots and sesame seeds.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal), **protein** 15g, **total fat** 14g (sat. fat 2g), **carbs** 54g, **fibre** 15g, **sodium** 717mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO LCO

CREAMY BEETROOT & FETA PASTA

PREP 20 MINS COOK 25 MINS SERVES 2 (AS A MAIN)

1 large beetroot, peeled and roughly chopped into chunks
2 tsp olive oil
1 brown onion, finely chopped
2 stalks celery, finely chopped, celery tops kept separate
2 carrots, finely chopped
½ bunch basil
2 cloves garlic, finely chopped
120g dried wholemeal pasta or gluten-free pasta
Freshly ground black pepper
2 tbsp light sour cream
50g reduced-fat feta

1 Bring a medium saucepan of water to the boil over high heat. Add the beetroot chunks and cook for 5 minutes. Use a slotted spoon to transfer the beetroot to a plate. Set the pan of cooking water aside.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the onion, celery and carrots. Cook, stirring often, for

8 minutes or until the vegetable softens. Finely chop the basil stalks and celery tops. Add to the pan with the garlic. Cook, stirring, for 30 seconds.

3 Return the beetroot cooking water to the boil. Add the pasta and cook following packet directions or until al dente. Drain, reserving 100ml of the pasta water. Return the pasta to the pan.

4 Meanwhile, put the beetroot with half of the fried vegetables into the bowl of a small food processor. Add most of the basil leaves and the sour cream. Process until smooth. Gradually add the reserved pasta water to loosen until you have a thick mixture.

5 Stir the sauce through the pasta along with the remaining fried vegetables. Season with pepper. Divide between bowls, crumble over the feta, then scatter with the

remaining basil leaves. Grind over some black pepper, if you like.

NUTRITIONAL INFO

PER SERVE 1900kJ (455Cal), protein 18g, total fat 14g (sat. fat 6g), carbs 56g, fibre 16g, sodium 428mg • Carb exchanges 3½ • GI estimate low • Gluten-free option

LOWER-CARB OPTION

Replace wholemeal pasta with 200g Slendier Soy Bean Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), protein 26g, total fat 15g (sat. fat 7g), carbs 23g, fibre 18g, sodium 428mg • Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb

THURSDAY



GFO

LC

SMOKY CHIPOTLE CHICKEN SOUP

PREP 5 MINS COOK 25 MINS SERVES 2 (AS A MAIN)

2 tsp olive oil
 1 brown onion, finely chopped
 2 carrots, finely chopped
 2 stalks celery, finely chopped
 500ml (2 cups) salt-reduced chicken stock or gluten-free stock
 250ml (1 cup) water
 1–2 tbsp chipotle sauce (depending on how much spice you prefer)
 200g skinless cooked chicken breast, shredded (see Cook's tip)
 100g frozen peas
 Zest and juice ½ lemon
 Freshly ground black pepper
 2 tbsp light sour cream
 1 clove garlic, crushed
 Pinch chilli flakes, to serve (optional)

1 Heat the oil in a medium saucepan over medium heat. Add the onion, carrot and celery. Cook, stirring occasionally, for 8 minutes or until the onion softens. Stir in the stock, water and chipotle sauce. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 10 minutes.

2 Ladle half of the soup into a blender and blitz until smooth. Pour the blitzed soup back into the pan. Add the chicken, peas and lemon juice. Season with pepper. Simmer over low heat for 5 minutes to warm through.

3 Stir the lemon zest into the sour cream along with the garlic and 1 tbsp water to loosen.

4 Divide the soup between bowls, swirl in the sour cream and top with the chilli flakes, if using.

NUTRITIONAL INFO

PER SERVE 1650kJ (395Cal), **protein** 36g, **total fat** 16g (sat. fat 5g), **carbs** 22g, **fibre** 11g, **sodium** 817mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

To cook the chicken breast, simply spray the chicken breast fillet with cooking spray and cook in a non-stick frying pan over medium heat for 4 minutes each side or until cooked through. Set aside to cool.

FRIDAY

BUDDHA BOWL SALAD

PREP 15 MINS SERVES 2 (AS A MAIN)

90g (½ cup) couscous
 150ml boiling water
 ½ x 420g can no-added-salt four bean mix, rinsed and drained
 ½ tsp olive oil
 ½ tsp chilli flakes
 Freshly ground black pepper
 ⅓ bunch of dill, torn into sprigs
 3 radishes, sliced
 1 Lebanese cucumber, peeled into ribbons

QUICK PICKLE

½ red onion, finely sliced
 2 cups finely shredded cabbage
 1 tbsp white wine vinegar or apple cider vinegar
 2 tsp caster sugar
 ¼ cup dill leaves

1 To make the pickle, put all the ingredients in a medium bowl. Toss to combine. Set aside.

2 Put the couscous and boiling water in a small heatproof bowl. Cover and set aside for 4 minutes. Use a fork to fluff up the couscous. Set aside to cool slightly.

3 Meanwhile, put the beans, olive oil and chilli flakes in a bowl. Season with pepper. Toss to combine.

4 Mix most of the dill through the couscous and season with pepper. To assemble, spoon the quick pickle, couscous, radishes, beans and cucumber into separate parts of each bowl. Top the pickle with the reserved dill and sprinkle over some black pepper.

NUTRITIONAL INFO

PER SERVE 1410kJ (337Cal), **protein** 15g, **total fat** 2g (sat. fat 0g), **carbs** 57g, **fibre** 12g, **sodium** 67mg • **Carb exchanges** 4 • **GI estimate** high

A large, light-colored ceramic bowl filled with a vibrant, healthy salad. The salad is composed of several distinct ingredients: a base of fluffy yellow quinoa; a mix of chickpeas and red kidney beans, some of which are coated in a dark, glossy dressing; sliced radishes, including whole red-skinned ones and thin white slices with red edges; long, thin ribbons of green cucumber; and a generous amount of shredded purple cabbage. Fresh green dill leaves are scattered throughout the salad, adding a touch of freshness. The bowl is set against a dark green, textured background.



LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

GROCERIES

COUSCOUS Use in salads or to serve with your favourite curry or casserole.

CHICKPEAS Toss in a little olive oil and spices and roast until crispy as a great snack.

PASTA Use to make pasta salad – with lots of vegies, canned tuna in spring water and a herb and lemon dressing.

PITA POCKETS Cut into wedges and bake in oven until crispy. Serve as a dipper alternative to crackers for dips. Fill leftover pockets with your favourite salad fillings.

TAHINI Use in dressings or drizzle over roasted vegies. Spread a little over toasted wholegrain sourdough bread, top with sliced strawberries and a drizzle of honey.

STOCK Use in sauces, soups or freeze in an airtight container for later use.

CHIPOTLE SAUCE Drizzle over tacos, baked sweet potato or use in dressings.

FRUIT & VEGETABLES

RADISHES Munch on as a snack. Thinly slice and add to your favourite sandwich filling.

CABBAGE Shred and use in salads or cook off in a little olive oil with garlic and grated carrot. A great side dish.

CELERY Use in soups, salads, casseroles or munch on as a snack with a little no-added-salt and sugar peanut butter.

RED CAPSICUM Thinly slice and add as a pizza topping. Chargrill and peel skin, blend with low-fat yoghurt, garlic, lemon juice and a little olive oil. Season with pepper. Serve as a dip.

BASIL, DILL AND PARSLEY Finely chop herbs and mix with yoghurt, a little tahini, garlic, lemon juice. Serve as a dip with vegie sticks. Or add herbs to salads, add as a sandwich filler or use in dressings.

GINGER Thinly slice and add to a water bottle with thinly sliced lemon, lime and orange.

SHALLOTS Finely chop and use in dressings, thinly diagonally slice and use in stir-fries or salads. ■

SHOPPING LIST

GROCERIES

- ☐ 500g pkt couscous
- ☐ 420g can no added salt four bean mix
- ☐ 2 x 420g can no added salt canned chickpeas
- ☐ 500g pkt dried wholemeal pasta
- ☐ 1 pkt small (28g each) wholemeal pita pockets
- ☐ 375g jar tahini
- ☐ 1L carton salt-reduced chicken stock
- ☐ 220g jar chipotle sauce

PANTRY

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Chilli flakes
- ☐ Ground cumin
- ☐ Sesame seeds (black or white)
- ☐ Black pepper
- ☐ White wine vinegar
- ☐ Teriyaki sauce
- ☐ Caster sugar
- ☐ Plain flour
- ☐ Low GI brown rice
- ☐ 5 cloves garlic

FRUIT & VEGETABLES

- ☐ 1 bunch radishes
- ☐ 2 Lebanese cucumbers
- ☐ 2 red onions
- ☐ 2 brown onions
- ☐ ¼ cabbage
- ☐ 1 large beetroot
- ☐ ½ bunch celery
- ☐ 6 carrots
- ☐ 150g baby spinach leaves
- ☐ 1 bunch broccolini
- ☐ 1 head bok choy
- ☐ 1 red capsicum
- ☐ 1 bunch basil
- ☐ 1 bunch dill
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 lemon
- ☐ 1 small knob ginger
- ☐ ½ bunch green shallots

CHILLED (FRIDGE & DELI)

- ☐ 200g tub light sour cream
- ☐ 200g pkt reduced-fat feta

FREEZER

- ☐ 500g pkt frozen peas

MEAT AND POULTRY

- ☐ 200g skinless chicken breast fillet



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FOOD WORKS
FOR YOU**
see page 90



FREEZING INSTRUCTIONS

Cool completely. Freeze in individual portion sizes in freezeproof containers for up to 3 months. Defrost fully in the fridge, then reheat in a saucepan over low heat, adding a little more water if needed.

THE BIG FREEZE

All these meals freeze (and more importantly, defrost) really well. Freeze in one big batch for a quick weeknight meal for the whole family, or in individual portions for on-the-go lunches.

GF LC

EASY PIRI-PIRI PULLED PORK

PREP 10 MINS (+ 1 HOUR MARINATING) **COOK** 3 HOURS

SERVES 4 (AS PART OF A MAIN)

1 red chilli
4 cloves garlic
1 tbsp smoked paprika
1 tbsp dried oregano
1 tsp cumin seeds
½ tsp dried chilli flakes, plus a pinch, to serve (optional)
100ml red wine vinegar
400g can no-added-salt chopped tomatoes
800g piece skinless pork shoulder, trimmed of all fat
200ml water
Freshly ground black pepper

1 Place the chilli, garlic, paprika, oregano, cumin seeds, chilli flakes, red wine vinegar and tomatoes in a small blender. Cover and blend until smooth.

2 Place the pork in a casserole dish and pour over the tomato mixture. Add the water to the blender and swirl around to remove any leftover tomato mixture. Pour over the pork. Set aside for 1 hour to marinate at room temperature or cover and

place in the fridge overnight.

3 Preheat oven to 150°C (fan-forced). Cover the pork with foil and cook in the oven for 2 hours. If the sauce is drying out, add a little more water, then cover again and return to the oven for a further 1 hour or until the pork is tender.

4 Use two forks to shred the meat into the sauce, discarding any pieces of fat. Season with pepper and add a little more chilli flakes, if you like.

NUTRITIONAL INFO

PER SERVE (with serving suggestion) 1730kJ (414Cal), **protein** 47g, **total fat** 15g (sat. fat 4g), **carbs** 23g, **fibre** 11g, **sodium** 202mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

PER SERVE (pork only) 1130kJ (269Cal), **protein** 41g, **total fat** 7g (sat. fat 2g), **carbs** 7g, **fibre** 4g, **sodium** 174mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

COOK'S TIP

■ Serve each portion on top of a steamed or baked Carisma potato (150g), along with 5 chopped cherry tomatoes, ½ diced avocado and a sprinkle of fresh coriander leaves.

■ Piri-Piri pulled chicken – try using skinless, boneless chicken thighs instead of the pork. Make the sauce in step 1, then pour over the chicken.

Cover and adjust the cooking time to 1 hour 30 minutes in step 2.

■ Adjust the spice – with recipes like this, you're in charge of the heat. We've kept it medium, but if you want to make it milder, leave the fresh chilli out. To make it extra hot, add more chillies.

fill your freezer

GFO

EGGPLANT PARMIGIANA LASAGNE

PREP 30 MINS COOK 1 HOUR

SERVES 6 (AS A MAIN)

- 3 large eggplants, trimmed and thinly sliced lengthways
- 3 tbsp olive oil
- 250g (2½ cups) grated mozzarella
- 40g (½ cup) grated parmesan
- 1 bunch of basil, leaves picked and roughly chopped, plus extra to serve
- 8 (200g) dried lasagne sheets or gluten-free lasagne sheets

TOMATO SAUCE

- 1 tbsp olive oil
- 6 cloves garlic, finely sliced
- ¼ tsp caster sugar
- 1 tbsp red wine vinegar
- 3 x 400g cans-no-added salt chopped tomatoes

1 To make the tomato sauce, heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the sugar and vinegar. Cook, stirring, for 30 seconds. Stir in the tomatoes. Bring to a simmer and cook for 10 minutes. Remove the pan from the heat and set aside (see Cook's tip).

2 Heat a chargrill or barbecue grill on medium-high. Brush both sides of the eggplant slices with the oil. Add to the chargrill in batches and cook for 2-3 minutes each side or until the slices soften and char slightly. Transfer slices as they cook to a plate. Continue until all the slices are cooked.

3 To assemble, lay a third of the eggplant slices over the base of a rectangular or square ovenproof dish, then pour over a third of the sauce. Scatter with a small handful of both cheeses (you'll want to keep most of the cheese for the top) and half the basil, then top with half the lasagne sheets. Repeat

once more, then finish with a final layer of eggplant topped with the rest of the sauce. Scatter over the remaining cheese

4 Preheat oven to 180°C (fan-forced). Put the dish on a baking tray and bake for 30 minutes or until the cheese is golden and the sauce is bubbling at the edges. Set aside for at least 10 minutes to cool slightly. Scatter with the reserved basil and serve.

NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), **protein** 22g, **total fat** 25g (sat. fat 9g), **carbs** 41g, **fibre** 11g, **sodium** 338mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

COOK'S TIP

The sauce can be prepared up to 2 days ahead and kept in the fridge.

Allow the cooked lasagne to cool completely, then cover with foil and keep in the fridge for up to 2 days, or see freezing instructions opposite.



FREEZING INSTRUCTIONS

Freeze for up to 3 months
(covered with foil).

Defrost completely in the
fridge. Uncover and bake as
instructed in step 4.

Alternatively, you can cook the
lasagne from frozen (leaving
covered with foil). Bake at
160°C (fan-forced) for 40
minutes. Remove the foil and
increase oven temperature to
180°C (fan-forced). Bake for a
further 30 minutes.

fill your freezer

GFO

CHICKEN PARMIGIANA

PREP 40 MINS COOK 30 MINS

SERVES 6 (AS A MAIN)

2 x 250g skinless chicken breast fillets, trimmed of fat
50g (1/3 cup) plain flour or gluten-free plain flour
60g egg, whisked
70g (1 cup) fresh breadcrumbs or gluten-free breadcrumbs
2 tbsp finely grated parmesan, plus extra, to serve
3 tbsp olive oil
125g ball mozzarella, cut into 4 slices
300g spaghetti or gluten-free spaghetti

FOR THE TOMATO SAUCE

1 tbsp olive oil
4 cloves garlic, finely sliced
Pinch of caster sugar
Splash of red wine vinegar
2 x 400g cans no-added-salt chopped tomatoes
1 tsp dried oregano
Freshly ground black pepper

1 Cut each chicken breast into 3 pieces. Put the fillets on a board, cover with a piece of baking paper and bash with a rolling pin until they are the same thickness all over.

2 Put the flour in a shallow dish. Put the egg into another dish, then the breadcrumbs and parmesan into a third dish, stirring to combine. Working with one chicken fillet at a time, coat in the flour, then dip into the beaten egg, and finally coat in the cheesy breadcrumb mixture. Transfer the breadcrumbed fillets to a plate as you go. Freeze following the instructions opposite, if desired.

3 To make the sauce, heat the oil in a medium non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute. Sprinkle in the sugar and add a splash of the vinegar. Stir in the tomatoes and

the oregano. Season with pepper. Bring to a simmer. Simmer, stirring occasionally, for 10-15 minutes or until the sauce thickens.

4 Preheat grill on high. Heat the oil in a large non-stick frying pan over medium heat. Add the crumbed chicken and cook for 4-5 minutes each side (fresh or thawed from frozen) or until just cooked through. Arrange on a baking tray. Spoon a little of the sauce over the middle of each fillet, and top each with a slice of mozzarella.

5 Meanwhile, cook the spaghetti in a large saucepan of boiling water, following pack instructions until al dente. Drain and toss with the remaining sauce.

6 Place the chicken under the grill and cook for 3-4 minutes or until the mozzarella melts and is bubbling. Serve with spaghetti.

NUTRITIONAL INFO

PER SERVE 2390kJ (572Cal),
protein 36g, **total fat** 21g (sat. fat 7g), **carbs** 54g, **fibre** 5g, **sodium** 293mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**



FREEZING INSTRUCTIONS

To freeze the fillets; stack in a freezer proof container between sheets of baking paper. Keep frozen for up to 3 months.

To freeze the sauce; leave to cool completely. Transfer to a freezer proof container (portion it into individual serves if you like). Freeze for up to 3 months. Defrost overnight in the fridge, then reheat in a saucepan until hot.

To serve; continue recipe from step 4.





fill your freezer

GF

ONE-PAN COCONUT DHAL

PREP 10 MINS **COOK** 45 MINS

SERVES 4 (AS A MAIN)

300g dried red lentils
2 tbsp olive oil, plus 1 tsp extra, for drizzling
2 brown onions, finely sliced
4 cloves garlic, crushed or finely chopped
3cm piece ginger, finely chopped
5 curry leaves (optional)
1 tsp mustard seeds
1 tsp cumin seeds
1 tsp ground coriander
1 tsp ground turmeric
1 whole dried red chilli
1 tbsp tomato purée
850ml water
400g can light coconut milk
Coriander leaves, sliced ginger and sliced green chilli, to serve

1 Put the lentils in a fine sieve and rinse under water until the water runs clear. Drain.

2 Heat the 2 tbsp oil in a large non-stick shallow frying pan over low heat. Add the onions and cook, stirring occasionally, for 10 minutes or until starting to brown. Add the

garlic and ginger, and cook, stirring, for 30 seconds. Scatter in the curry leaves, if using. Add the mustard seeds, cumin, coriander, turmeric and chilli. Cook, stirring, for 2 minutes. Stir in the tomato purée and cook, stirring, for 1 minute.

3 Add the lentils to the pan. Cook, stirring, ensuring they are well coated in the spices. Stir in the water and coconut milk. Cover and bring to the boil over high heat. Reduce heat to medium and cook, uncovered, stirring occasionally, for 30 minutes or until the lentils are soft and soupy. Remove the whole chilli and discard.

4 To serve, sprinkle with the fresh coriander, sliced ginger and chilli. Drizzle each serve with a little of the extra oil.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal),
protein 19g, **total fat** 21g (sat. fat 8g), **carbs** 37g, **fibre** 12g, **sodium** 36mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

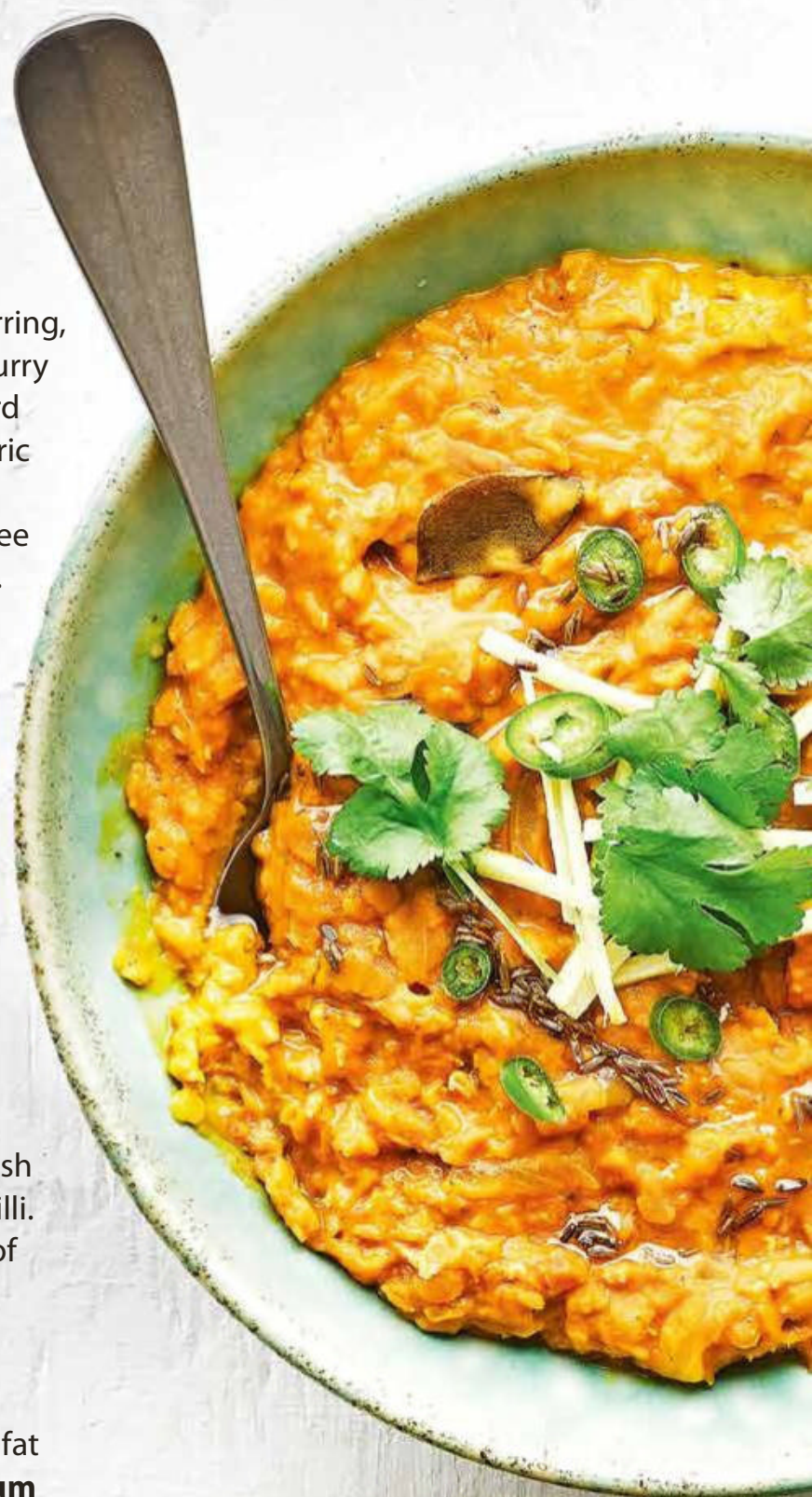
VARIATIONS

SPINACH & COCONUT DHAL

Keep things vegan by simply wilting a couple of handfuls of washed spinach leaves through the simmering dhal a few minutes before serving.

PRAWN & LENTIL COCONUT CURRY

Add a large handful of peeled and deveined prawns (defrosted if frozen) 5 minutes before serving. If using raw prawns, simmer until they change colour and are cooked through. If adding cooked prawns, simply heat through.





FREEZING INSTRUCTIONS

The dhal can now be left to cool, then frozen in portions, or as one batch in a large plastic container. Defrost completely before reheating in a pan over a low heat, adding more water to loosen if needed.



GF LC

BEEF, TOMATO & CINNAMON STEW

PREP 40 MINS **COOK** 2 HOURS 30 MINS **SERVES** 6 (AS A MAIN)

3 tbsp olive oil
1 kg beef chuck steak, trimmed of all fat, cut into large chunks
600g small (baby) brown onions, peeled
Pinch caster sugar
4 cloves garlic, chopped
4 bay leaves
1 cinnamon stick
Pinch each of ground allspice and ground cloves
1 tbsp dried oregano
1 tbsp tomato purée
1 tbsp red wine vinegar
2 x 400g cans no-added-salt chopped tomatoes
150ml red wine
360g green beans, steamed, to serve

1 Preheat oven to 160°C (fan-forced). Heat 2 tbsp oil in a flameproof and ovenproof casserole dish over medium-high heat. Add the beef and cook, stirring often, for 2-3 minutes or until the beef is browned all over (you may need to do this in batches). Use a slotted spoon to transfer the browned beef to a bowl.

2 Drizzle the remaining oil into the pan. Add the onions to the pan and scatter over the sugar. Cook, stirring often, for 5 minutes or until the onions start to brown. Add the garlic, bay leaf, cinnamon stick, allspice, cloves and oregano. Cook, stirring, for 1 minute. Stir in the

tomato purée and cook, stirring, for another minute. Return the beef and any resting juices to the pan. Stir to coat in the spiced onion mixture.

3 Add the red wine vinegar and chopped tomatoes to the pan. Rinse the cans out with the wine, then adding the wine to the pan. Add a third of one can of water to the pan. Stir well. Bring to a simmer, stir again, then cover with the lid and transfer to the oven for 1 hour.

4 Remove the dish from the oven and stir again. If the sauce looks very thick, add a splash more water. Cover again and return to the oven for another hour or until the meat is fork-tender. Serve.

NUTRITIONAL INFO

PER SERVE 1590kJ (380Cal),
protein 37g, **total fat** 17g (sat. fat 4g), **carbs** 15g, **fibre** 7g, **sodium** 110mg • **Carb exchanges** 1
• **GI estimate** low • **Gluten free**
• **Lower carb**

COOK'S TIP

Once cool, store the dish in the fridge for up to 3 days. Alternatively, follow freezing instructions opposite.

fill your freezer



FREEZING INSTRUCTIONS

Leave the dish to cool completely. Transfer to an airtight container and freeze for up to 3 months. Defrost completely in the fridge overnight, then reheat in a saucepan over a low heat with a splash more water to loosen, if needed.



Get cosy with comfort food that's
good enough to share

A twist ON COMFORT

LCO GFO

CRAB MAC 'N' CHEESE

PREP 15 MINS **COOK** 45 MINS

SERVES 6 (AS A MAIN)

50g light margarine
50g (1/3 cup) plain flour or gluten-free plain flour
400ml skim milk
120g (1 1/2 cups) reduced-fat grated cheese
100g light sour cream
Pinch ground nutmeg
2 x 170g cans of crab meat, drained
300g dried macaroni or gluten-free pasta

SALAD

120g rocket leaves or mixed salad leaves
200g cherry tomatoes, halved
1 Lebanese cucumber, sliced
1 avocado, sliced or chopped
150g snow peas
Balsamic glaze, to serve

1 Melt the margarine in a medium saucepan over medium-high heat. Once foaming, tip in the flour and cook, stirring, for 3-4 minutes or until it darkens in colour and smells toasty. Reduce heat to medium and gradually whisk in the milk until you have a smooth, thick sauce. Season with pepper. Stir in 100g of the cheese. Fold in the sour cream, nutmeg and half of the crab meat.

2 Preheat oven to 180°C (fan-forced). Cook the macaroni in a large saucepan of boiling water, following packet directions, or until al dente. Drain well. Add the pasta to the sauce and mix until evenly combined.

3 Spoon the mixture into a 20 x 30cm baking dish. Dot over the remaining crab meat and cheese. Bake for 25-30 minutes or until bubbling and golden on the top.

4 Meanwhile, to make the salad, toss the rocket leaves, tomatoes, cucumber, avocado and snow peas in a bowl.

5 Divide the mac'n'cheese and salad between serving plates. Drizzle the balsamic glaze over the salad and serve.

NUTRITIONAL INFO

PER SERVE 1860kJ (445Cal),
protein 23g, **total fat** 16g (sat. fat 7g), **carbs** 51g, **fibre** 6g, **sodium** 495mg • **Carb exchanges** 3 1/2 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

To lower the sodium (salt) content of this meal, use fresh crab meat in place of canned variety



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LOWER-CARB OPTION

Swap the macaroni for 300g Atkins Low Carb Penne, prepared following packet instructions and chopped in half to resemble smaller pieces similar to macaroni if you like.

Swap the balsamic glaze for 1 tbsp balsamic vinegar.

**LOWER-CARB OPTION PER
SERVE** 1830kJ (438Cal), **protein**
42g, **total fat** 16g (sat. fat 8g),
carbs 26g, **fibre** 11g, **sodium**
517mg • **Carb exchanges** 1½ • **GI**
estimate low • **Lower carb**

mains

Florentine spinach
poached eggs
Recipe, page 38

NUTRITIONAL INFO

PER SERVE 1970kJ (471Cal),
protein 27g, **total fat** 30g (sat. fat
15g), **carbs** 21g, **fibre** 6g, **sodium**
889mg • **Carb exchanges** 1½ • **GI**
estimate low • **Gluten-free option**
• **Lower carb**



GFO

HOISIN PORK & RADISH FRIED RICE

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

400g pork tenderloin (fillet),
trimmed of fat
Freshly ground black pepper
2 tbsp olive oil
10 radishes, halved
500g cold, cooked Sunrice
Doongara Low Gi Brown rice
1 brown onion, finely chopped
4 cloves garlic, finely chopped
4cm piece ginger, finely chopped
1 red chilli, finely chopped
2 pak choi or bok choy, cut into
pieces
2½ tbsp hoisin sauce or gluten-
free hoisin sauce
1½ tbsp salt-reduced soy sauce or
gluten-free soy sauce
1 tsp rice vinegar
2 green shallots, thinly sliced

1 Cut the pork into 2cm-thick slices and then into 2cm strips. Season well with pepper. Heat 1 tbsp of the oil in a large wok over high heat until it starts to smoke. Carefully add the pork and radishes to the wok. Stir-fry for 2 minutes or until caramelised. Use a slotted spoon to transfer to a bowl.

2 Add the remaining oil and the rice to the wok. Cook, tossing, for 2-3 minutes or until starting to crisp. Reduce the heat to medium. Add the onion, garlic, ginger, chilli and pak choi to the wok. Stir-fry for 4-5 minutes.

3 Meanwhile, combine the hoisin, soy sauce and vinegar in a small bowl.

4 Return the pork and radishes to the wok. Cook, tossing, for 1 minute. Add the combined sauces and cook, tossing, for 1-2 minutes or until the rice mixture is coated in the sauce.

5 Divide the fried rice between serving plates and top with the green shallots. Serve.

NUTRITIONAL INFO

PER SERVE 1970kJ (471Cal),
protein 33g, **total fat** 13g (sat. fat
2g), **carbs** 52g, **fibre** 6g, **sodium**
700mg • **Carb exchanges** 3½
• **GI estimate** low • **Gluten-free**
option



mains

LC GFO

FLORENTINE SPINACH POACHED EGGS

PREP 15 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

50g light margarine
2 cloves garlic, thinly sliced,
plus ½ a clove, extra
500g baby spinach leaves
250ml (1 cup) light thickened
cream
Freshly ground black pepper
Pinch ground nutmeg
40g (½ cup) finely grated
parmesan
4 slices prosciutto
4 x 60g eggs
4 thick slices wholemeal
sourdough bread or
gluten-free bread

1 Melt the margarine in a large non-stick frying pan over medium heat. Add the 2 cloves garlic and cook, stirring, for 1-2 minutes or until fragrant. Put the spinach into a large colander and pour over a kettle of just-boiled water.

2 Add the spinach to the pan with the cream, adding plenty of freshly ground black pepper. Simmer for 5 minutes or until the spinach wilts and the sauce thickens. Add the nutmeg and 30g of the parmesan.

3 Nestle the prosciutto slices into the spinach, making a little cup, then crack an egg into each. Put a lid over the pan and reduce heat to medium-low. Cook for 5-6 minutes or until the whites have just set.

4 Toast the sourdough and rub each slice with ½ clove of garlic. Serve the toast with the poached eggs. Sprinkle over the remaining parmesan.

GFO

ROAST CHICKEN WITH DILL AIOLI & PEA SALAD

PREP 20 MINS (+ 1 HOUR RESTING) **COOK** 1 HOUR 30 MINS
SERVES 8 (AS A MAIN)

1kg baby Zerella Spud Lite
Potatoes
½ small bunch of thyme
1 whole bulb garlic, halved
1 lemon, pierced with a knife a
few times
1 tbsp olive oil
1½kg whole chicken, excess fat
removed
Freshly ground black pepper

PEA SALAD

2 tbsp Dijon mustard or gluten-
free mustard
2 tbsp white wine vinegar
3 tbsp extra-virgin olive oil
700g fresh or frozen
peas (defrosted if frozen)
6 green shallots, finely chopped
16 (320g) radishes, sliced
1 cup snow pea sprouts

DILL AIOLI

½ small bunch of dill
200g 97% fat-free mayonnaise or
gluten-free mayonnaise
1 tbsp Dijon mustard or gluten-
free mustard
1 small clove garlic
Juice of ½ lemon

1 Preheat oven to 180°C (fan-forced). Line a large and small roasting tin with baking paper. Put the potatoes in the large roasting tin. Add half the thyme, the garlic bulb and the oil. Season well with pepper.

2 Season the chicken well with pepper, inside and out, and place in the small roasting tin. Spray the chicken with cooking spray and rub into the skin. Put the remaining

thyme and the lemon in the cavity. Roast for 1 hour 30 minutes, shaking the pan and turning the potatoes halfway through cooking, until the potatoes are tender and lightly golden. Juices from the chicken, when pierced through the thigh, should run clear, and the internal temperature should be 70°C. Cover loosely with foil and set aside to rest for 30 minutes before carving.

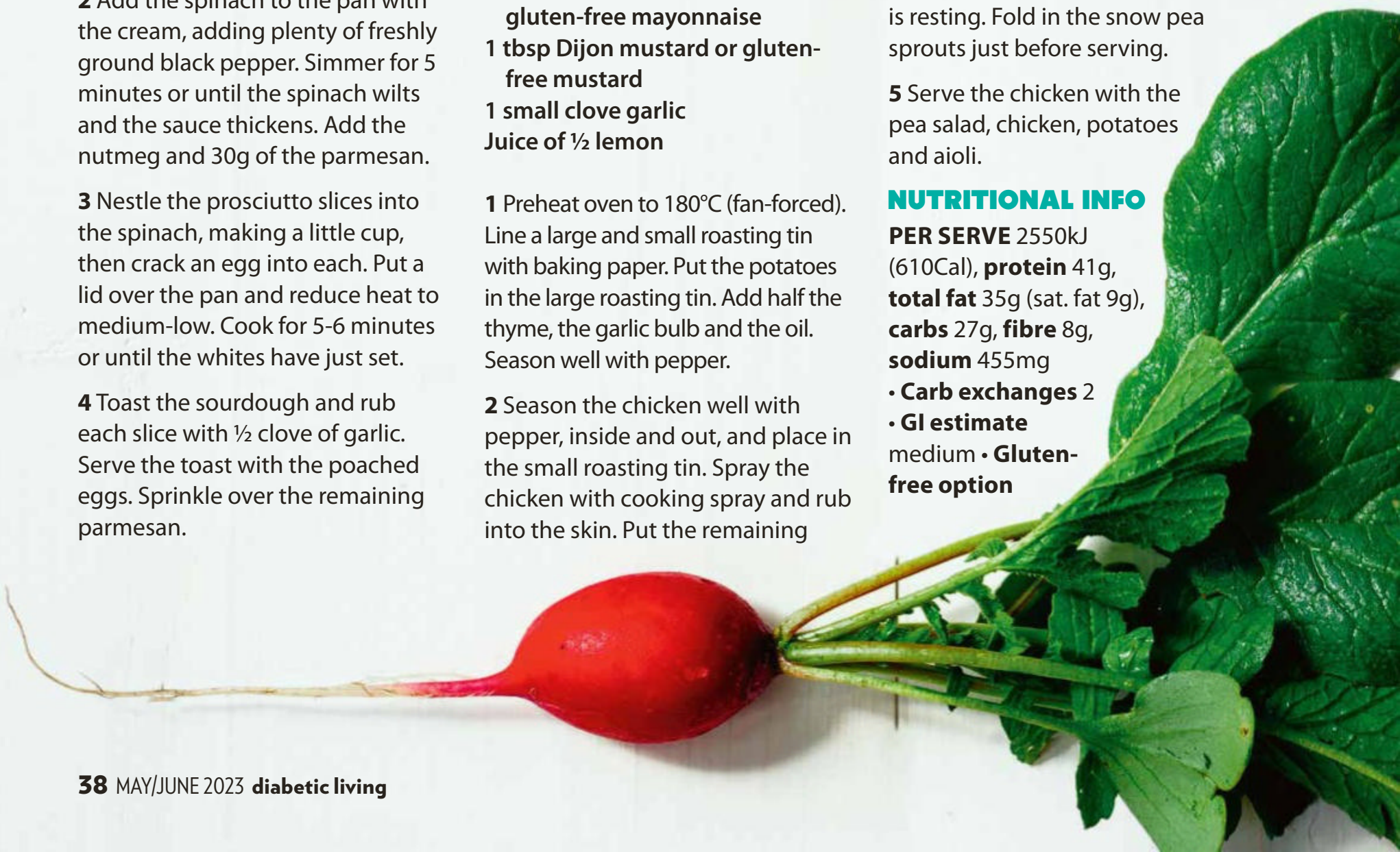
3 Meanwhile, to make the dill aioli, combine all the aioli ingredients in a bowl. Check for seasoning, adding a little more lemon and mustard if you prefer.

4 To make the pea salad, whisk together the mustard, vinegar and olive oil in a large serving bowl. Season with pepper. Toss in the peas, green shallots and radishes. Set aside to marinate as the chicken is resting. Fold in the snow pea sprouts just before serving.

5 Serve the chicken with the pea salad, chicken, potatoes and aioli.

NUTRITIONAL INFO

PER SERVE 2550kJ
(610Cal), **protein** 41g,
total fat 35g (sat. fat 9g),
carbs 27g, **fibre** 8g,
sodium 455mg
• Carb exchanges 2
• GI estimate
medium • Gluten-
free option



HEALTH TIP

Removing the skin from the chicken will reduce both the total and saturated fat content, making it lower in kilojoules too.

Roast chicken with dill
aioli & pea salad
Recipe, opposite



LCO GFO

SAUSAGE, SPINACH & CHILLI PASTA

PREP 10 MINS **COOK** 15 MINS
SERVES 3 (AS A MAIN)

1 tbsp olive oil
4 Peppercorn Extra Lean Chicken Chipolatas
3 cloves garlic, thinly sliced
Pinch chilli flakes
2 tsp Dijon mustard or gluten-free mustard
100ml thickened light cream
250g baby spinach leaves
200g dried wholemeal spaghetti, rigatoni or gluten-free pasta
Freshly ground black pepper
2 tbsp finely grated parmesan, to serve

1 Heat the oil in a medium non-stick frying pan over medium-high heat. Squeeze the meat of the

sausages from their casings into the pan. Cook, stirring often, for 3-4 minutes or until the sausage meat is crisping up.

2 Add the garlic and chilli flakes to the pan. Cook, stirring, for 1 minute. Stir in the Dijon mustard, cream and spinach. Simmer for 2-3 minutes or until the spinach wilts and the sauce thickens slightly. Season with pepper.

3 Meanwhile, cook the pasta in a large saucepan of boiling water, following packet directions or until al dente. Drain, reserving some of the pasta cooking liquid.

4 Add the sauce along with 3-4 tbsp of the cooking liquid to the pasta. Toss to combine. Divide between serving bowls. Top with parmesan and serve.

NUTRITIONAL INFO

PER SERVE 1850kJ (443Cal), **protein** 20g, **total fat** 18g (sat. fat 7g), **carbs** 45g, **fibre** 10g, **sodium** 429mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the spaghetti with 200g Slendier Soybean Spaghetti, cooked following packet instructions.

LOWER-CARB OPTION PER SERVE 1230kJ (294Cal), **protein** 22g, **total fat** 18g (sat. fat 7g), **carbs** 7g, **fibre** 9g, **sodium** 426mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



mains

Saag Paneer
Recipe, page 42

LOWER-CARB OPTION

Replace the naan bread with 4
Simson's Pantry Low Carb Super
Grains Wraps.

**LOWER-CARB OPTION PER
SERVE** 1940kJ (464Cal),
protein 28g, **total fat** 29g
(sat. fat 16g), **carbs** 18g, **fibre**
17g, **sodium** 442mg • **Carb**
exchanges 1 • **GI estimate**
low • **Lower carb**



LCO GFO

SAAG PANEER

PREP 15 MINS **COOK** 20 MINS

SERVES 4 (AS A MAIN)

1 tbsp olive oil
450g paneer, cut into cubes, patted dry with paper towel
1 brown onion, finely chopped
1 long green chilli, finely chopped
1 tsp cumin seeds
1 tsp ground turmeric
4 cloves garlic, crushed
5cm piece ginger, finely grated
500g baby spinach leaves
1 egg tomato, chopped
1 tsp garam masala
Juice of ½ lemon
80ml (⅓ cup) light thickened cream
Freshly ground black pepper
2 (95g each) naan breads or gluten-free wraps, cut in half, to serve

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the paneer and cook, turning often, for 4-5 minutes or until golden all over. Use a slotted spoon to transfer paneer to a plate.

2 Add the onion, chilli, cumin seeds and turmeric to the pan. Reduce heat to medium-low. Cook, stirring often, for 5 minutes or until the onion starts to soften. Add the garlic and ginger and cook, stirring, for 1 minute.

3 Put the spinach into a large colander and pour over a kettle of just-boiled water. Add the spinach to the frying pan along with the tomato. Cook, tossing, for 2-3 minutes until heated through. Add the garam masala, paneer, lemon juice and cream. Toss to combine. Season with pepper. Serve with the naan bread.

NUTRITIONAL INFO

PER SERVE 2060kJ (493Cal), **protein** 25g, **total fat** 31g (sat. fat 15g), **carbs** 29g, **fibre** 10g, **sodium** 630mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO

ONE-PAN PESTO & COD RICE

PREP 10 MINS **COOK** 45 MINS

SERVES 4 (AS A MAIN)

240g Sun Rice Low GI Doongara Brown Rice
400ml salt-reduced vegetable stock or gluten-free stock
250g pkt frozen chopped spinach, thawed
4 x 150g skinless and boneless cod fillets
Freshly ground black pepper
2 tbsp basil pesto or gluten-free pesto
320g mixed cherry tomatoes
1 tbsp olive oil
A handful small basil leaves, to serve

1 Put the rice and stock in a deep, wide ovenproof and stove proof saucepan. Bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 20-25 minutes or until the rice is almost tender and most of the liquid is absorbed. Remove the pan from the heat.

2 Preheat oven to 180°C (fan-forced). Squeeze any excess moisture from the spinach and stir into the rice. Season the fish with pepper and arrange on top of the rice. Brush each cod fillet with the pesto, scatter the tomatoes over and drizzle with the oil.

3 Transfer the rice dish to the oven and bake for 12-15 minutes, or until the fish is cooked through and the tomatoes are tender. Scatter over the basil and serve.

NUTRITIONAL INFO

PER SERVE 1860kJ (445Cal), **protein** 34g, **total fat** 12g (sat. fat 2g), **carbs** 45g, **fibre** 7g, **sodium** 650mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

One-pan pesto
and cod rice
Recipe, opposite



**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

SOUP SAVERS

Eating warm and hearty soup is like getting a hug from the inside on a cold night. It's one of life's ultimate comfort foods!

GFO FR

CORN CHOWDER

PREP 10 MINS **COOK** 35 MINS
SERVES 4 (AS A LIGHT MEAL)

1 tbsp olive oil
1 small brown onion, chopped
8 green shallots, diagonally sliced
400g baby Zerella Spud Lite
Potatoes, peeled and halved
750ml (3 cups) salt-
reduced vegetable stock or
gluten-free stock
250ml (1 cup) water
Freshly ground black pepper
500g fresh corn kernels (see
Cook's tip)
200ml light milk
1 bunch chives, chopped

1 Heat the oil in a medium
saucepan over medium heat. Add
the onion and most of the green
shallots (reserve about 2 tbsp).
Cook, stirring often, for 6-8 minutes
or until the onion softens.

2 Add the potatoes and cook,
stirring often, for 4 minutes. Add
the stock and water to the pan.
Cover and bring to the boil over
high heat. Reduce heat to medium-
low and simmer, partially covered,
for 15 minutes. Season with pepper.

3 Add the corn and the milk to the
pan. Cook for 3-4 minutes or until
the corn is tender. At this point, you
can serve it chunky or blitz using a

hand held blender to break it up a
little.

4 Divide the soup between bowls.
Sprinkle over the chives and
reserved shallots and serve.

NUTRITIONAL INFO

PER SERVE 1040kJ (249Cal),
protein 8g, **total fat** 7g (sat. fat 2g),
carbs 35g, **fibre** 5g, **sodium**
527mg • **Carb exchanges** 2½ • **GI**
estimate medium • **Gluten-free**
option

COOK'S TIP

You can replace the fresh corn
with frozen corn, just defrost on
a paper towel.



FREEZING INSTRUCTIONS

These soups can all be frozen in airtight containers in the freezer for up to 3 months (excluding any toppings). Simply defrost in the fridge overnight. Heat in the microwave on Medium/50% or in a saucepan over low heat until warmed through.

**MEXICAN BEAN SOUP
WITH GUACAMOLE**

Recipe, opposite



GFO FR

MEXICAN BEAN SOUP WITH GUACAMOLE

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN MEAL)

- 2 tsp olive oil
- 1 large brown onion, finely chopped
- 1 red capsicum, cut into chunks
- 2 cloves garlic, chopped
- 2 tsp Mexican chilli powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 400g can no-added-salt chopped tomatoes
- 420g can no-added-salt black beans, undrained
- 1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
- 1 small avocado
- Handful chopped coriander
- Juice of 1 lime
- ½ red chilli, deseeded and finely chopped (optional)

1 Heat the oil in a medium saucepan over medium heat. Add the onion (reserving 1 tbsp to make the guacamole later) and capsicum. Cook, stirring often, for 10 minutes. Add the garlic, chilli powder, ground coriander and cumin. Cook, stirring, for 1 minute. Add the tomatoes, beans with the liquid, half a bean can of water and the stock powder. Cover and bring to the boil over high heat. Reduce heat to medium and cook, covered, for 15 minutes.

2 Meanwhile, peel and de-stone the avocado and tip into a bowl. Add the reserved onion, fresh coriander and lime juice with a little chilli (if using). Use a fork to mash well.

3 Ladle the soup into two bowls, top with the guacamole and serve.

NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal),
protein 17g, **total fat** 14g (sat. fat 2g), **carbs** 40g, **fibre** 17g, **sodium** 322mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



GFO **LC** **FR**

CARROT & GINGER SOUP

PREP 15 MINS **COOK** 35 MINS

SERVES 4 (AS A LIGHT MEAL)

1 tbsp olive oil
1 large brown onion, chopped
2 tbsp coarsely grated ginger
2 cloves garlic, sliced
½ tsp ground nutmeg
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock
100ml water
500g carrots, sliced
425g can no-added-salt cannellini beans, undrained

TOPPING

4 tbsp almonds in their skins, cut into slivers
Pinch of ground nutmeg

1 Heat the oil in a large saucepan over medium heat. Add the onion, ginger and garlic. Cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the

nutmeg and cook, stirring, for 1 minute.

2 Add the stock, water, carrots, beans and liquid to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 20-25 minutes or until the carrots are tender.

3 Scoop a third of the soup mixture into a bowl. Use a hand held blender to blitz the remaining soup until smooth (or use a food processor).

4 Return everything to the pan and stir over medium heat until it just simmers. Divide the soup between serving bowls and top with the almonds and nutmeg.

NUTRITIONAL INFO

PER SERVE 930kJ (222Cal), **protein** 8g, **total fat** 11g (sat. fat 2g), **carbs** 19g, **fibre** 10g, **sodium** 553mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



CAPSICUM, PUMPKIN & HARISSA SOUP

PREP 15 MINS **COOK** 1 HOUR
SERVES 6 (AS A LIGHT MEAL)

1 small (about 600-700g)
 butternut pumpkin, peeled and
 cut into chunks
 2 red capsicums, roughly chopped
 2 red onions, roughly chopped
 3 tbsp olive oil
 3 cloves garlic, unpeeled
 1 tbsp ground coriander
 2 tsp ground cumin
 Freshly ground black pepper
 1L (4 cups) salt-reduced vegetable
 stock or gluten-free stock
 250ml (1 cup) water
 2 tsp harissa paste, plus 1 tsp
 extra, to serve
 50ml light thickened cream, plus 3
 tsp light thickened cream, extra,
 to serve

1 Preheat oven to 160°C (fan-forced). Line a large baking tray with baking paper. Put the pumpkin, capsicum, onion, oil, garlic, coriander and cumin in a large bowl. Season with pepper. Toss to combine. Spread in a single layer over the lined tray.

2 Roast the vegetables for 30 minutes. Stir the vegetables and roast for a further 15 minutes or until the vegetables soften and start to caramelise. Squeeze the garlic cloves out of their skin. Transfer everything into a large saucepan. Add the stock, water, 2 tsp harissa paste and 50ml cream. Stir. Bring to a simmer over medium heat. Simmer for 3 minutes.

3 Transfer the soup to a blender or food processor. Cover and process until smooth, adding a little more water if needed to get to your desired consistency.

4 Divide the soup between serving bowls. Swirl a little extra cream and harissa into each bowl. Serve.

NUTRITIONAL INFO

PER SERVE 875kJ (209Cal),
protein 6g, **total fat** 13g (sat. fat 3g), **carbs** 15g, **fibre** 5g, **sodium** 501mg • **Carb exchanges** 1
 • **GI estimate** low • **Gluten-free option** • **Lower carb**





ITALIAN-STYLE VEGETABLE SOUP

PREP 20 MINS **COOK** 45 MINS

SERVES 4 (AS A MAIN MEAL)

2 tbsp chopped flat-leaf parsley
20g reduced-fat feta, crumbled
4 pitted kalamata olives, roughly chopped
2 tsp extra virgin olive oil
100g sliced sourdough bread or gluten-free bread

SOUP

2 tbsp olive oil
1 brown onion, finely chopped
2 carrots, finely chopped
2 stalks celery, finely chopped
4 cloves garlic, crushed
1 sprig thyme
1 tbsp tomato purée
1L (4 cups) salt-reduced vegetable or gluten-free stock
400g can no-added-salt chopped tomatoes
2 x 425g cans no-added-salt cannellini beans, drained and rinsed
150g whatever seasonal vegetables you have (zucchini, green beans, silverbeet or spinach), roughly chopped
1 large potato, cut into 2cm cubes
Freshly ground black pepper

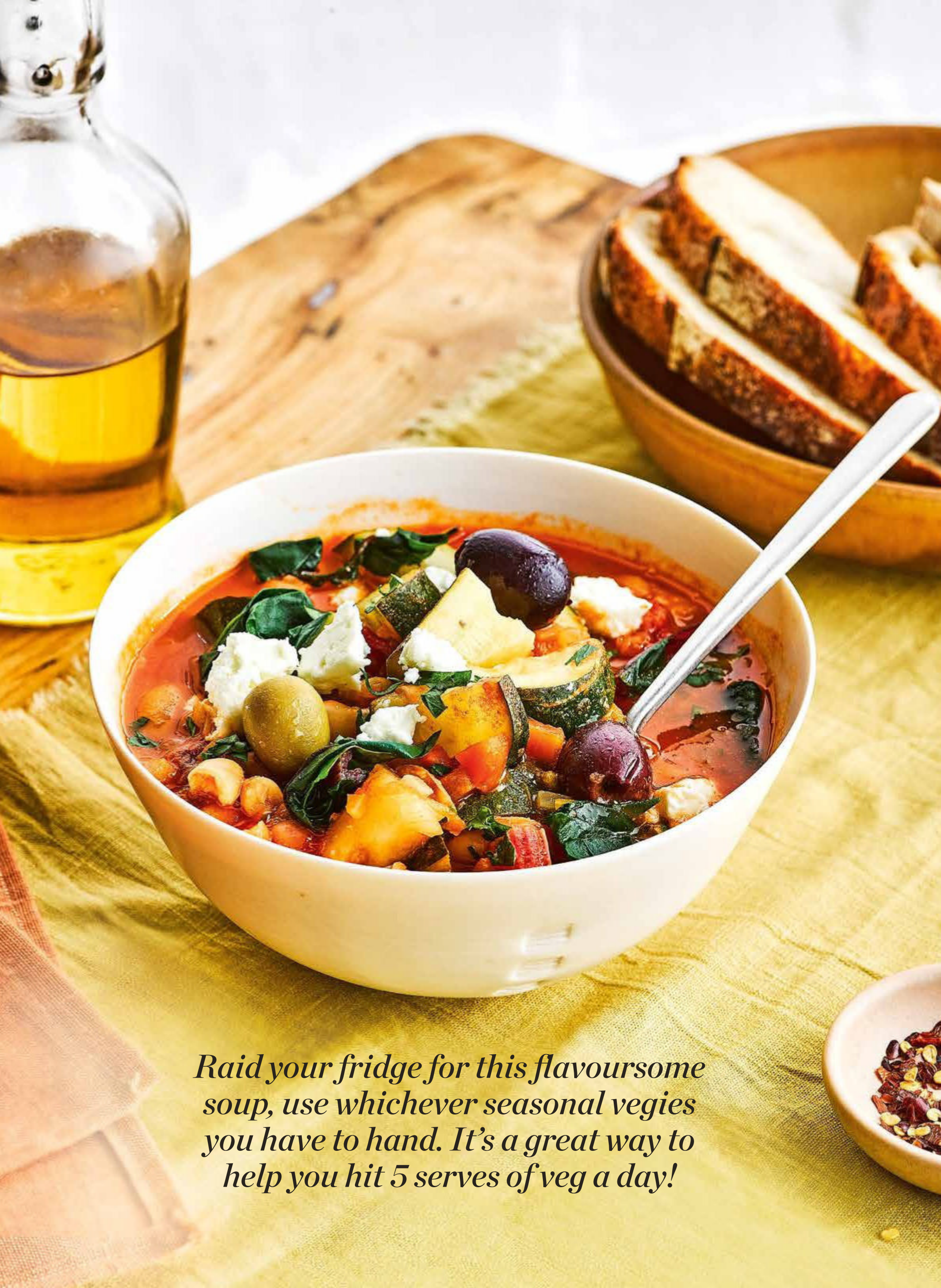
1 To make the soup, heat the oil in a large saucepan over medium heat. Add the onion, carrot and celery. Cook, stirring occasionally, for 10 minutes. Add the garlic, thyme and tomato puree. Pour in the stock and tomatoes. Reduce heat to low and simmer, stirring occasionally, for 10 minutes.

2 Add the cannellini beans, seasonal vegetables and potato to the pan. Season with pepper. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for a further 15-20 minutes or until the vegetables are tender and the soup thickens.

3 Divide the soup between serving bowls. Top with the parsley, feta, olives, chilli flakes (if using) and a drizzle of the extra virgin olive oil. Serve with the bread.

NUTRITIONAL INFO

PER SERVE 1720kJ (411Cal), **protein** 16g, **total fat** 15g (sat. fat 3g), **carbs** 46g, **fibre** 14g, **sodium** 982mg • **Carb exchanges** 3 • **GI estimate** low
• **Gluten-free option**



Raid your fridge for this flavoursome soup, use whichever seasonal vegies you have to hand. It's a great way to help you hit 5 serves of veg a day!





HOMEMADE

Nothing tastes better than homemade, so get in the kitchen and cook up a storm with these mouthwatering mains.

HEROES

GFO

CABBAGE ROLL ENCHILADAS

PREP 25 MINS COOK 1 HOUR SERVES 4 (AS A MAIN)

1 tsp olive oil
2 red capsicums, finely chopped
500g extra-lean beef mince
2 tbsp smoked paprika, plus extra, to serve
1 tbsp ground cumin
1 tbsp ground coriander
400g can no-added-salt chopped tomatoes
2 tbsp tomato purée
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
3 cloves garlic, finely grated
1 red chilli, deseeded and finely chopped, plus extra, to serve
2 x 420g cans no-added-salt black beans, undrained
12 large savoy cabbage leaves
150g low-fat natural yoghurt
2 tbsp finely grated reduced-fat cheese
Handful of chopped coriander and lime wedges, to serve

1 Heat the oil in a deep non-stick frying pan over medium heat. Add the capsicum and cook, stirring occasionally, for 4-5 minutes or until it starts to soften. Add the beef mince and cook, breaking up with a wooden spoon, for 3-4 minutes or until the mince browns. Add the paprika, cumin and coriander. Cook, stirring, for 1 minute.

2 Add the tomatoes, tomato puree, stock powder, garlic, chilli and undrained beans. Stir. Bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 15 minutes or until the mixture is thick.

3 Meanwhile, bring a large saucepan of water to the boil. Add the cabbage leaves and cook, submerged, for 2 minutes or until softened. Rinse the cabbage leaves under cold running water to cool. Drain.

4 Preheat oven to 180°C (fan-forced). Working with one cabbage leaf at a time, spoon some of the meat mixture into the centre. Roll up so the filling is enclosed. Lay seam-side down in a large shallow baking dish. Repeat with the rest of the leaves and filling, packing the rolls against one another in the dish. Combine the yoghurt and cheese in a small bowl. Spread over the rolls. Bake for 20-25 minutes or until bubbling.

5 Sprinkle the fresh coriander, extra chilli and paprika over the cabbage rolls. Serve with lime wedges on the side.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal), **protein** 50g, **total fat** 11g (sat. fat 4g), **carbs** 38g, **fibre** 14g, **sodium** 352mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

SPICED CHICKEN HOTPOT

Recipe, page 56



SLOW COOKER TURKEY Recipe, page 58



COOK'S TIP

To make the roast potatoes and leek, simply line a baking dish with baking paper. Cut 200g Zerella Spud Lite Potatoes, in halves or chunks. Cut 1 leek into thin strips. Place in baking dish and spray with olive oil cooking spray. Toss to coat. Roast in an oven preheated to 210°C (fan-forced) for 35-45 minutes or until tender.

GFO

SPICED CHICKEN HOTPOT

PREP 20 MINS **COOK** 1 HOUR 30 MINS**SERVES** 4 (AS A MAIN)

2 tsp olive oil
 2 brown onions, halved and thickly sliced
 2 eggplants, halved and thickly sliced
 4cm piece of ginger, cut into thin slices
 1 clove garlic, crushed
 1 tsp ground turmeric
 ¼ tsp allspice
 2 tsp cumin seeds
 2 tsp ground coriander
 420g can no-added-salt chickpeas, undrained
 2 red capsicums, finely chopped
 2 tsp salt-reduced chicken stock powder or gluten-free stock powder
 50g dried apricots, halved
 600g skinless chicken thigh fillets, trimmed of fat, cut into large chunks
 400ml water
 1 bunch coriander, chopped
 560g Zerella Spud Lite Potatoes, unpeeled, very thinly sliced

1 Preheat oven to 160°C (fan-forced). Heat 1 tsp of the oil in a large, deep flameproof and ovenproof heavy-based casserole dish with a lid, over medium heat. Add the onions and a splash of water. Cover and cook for 5 minutes or until the onion starts to soften a little. Stir well, then add the eggplant. Cook, covered, for 5 minutes.

2 Add the ginger, garlic, turmeric, allspice, cumin seeds and coriander to the pan. Stir well. Add the undrained chickpeas, capsicum, stock powder, apricots, chicken and water. Stir in the fresh coriander.

3 Layer the potatoes on top of the chicken mixture, overlapping slightly in a spiral pattern. Gently press to compact them and brush with the remaining oil. Cover with lid and bake in the preheated oven for 1-1½ hours. Remove the lid halfway through and continue to cook until the potatoes are tender and the juices bubbling.

NUTRITIONAL INFO

PER SERVE 2030kJ (487Cal), **protein** 39g, **total fat** 12g (sat. fat 3g), **carbs** 44g, **fibre** 17g, **sodium** 407mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

GFO

BALSAMIC BEEF STEW WITH VEGIE MASH

PREP 20 MINS **COOK** 3 HOURS 10 MINS**SERVES** 4 (AS A MAIN)

1 tbsp olive oil
 2 large brown onions, halved and sliced
 600g lean chuck steak, trimmed of fat, finely chopped
 2 cloves garlic, chopped
 500ml (2 cups) boiling water
 10g dried porcini mushrooms
 2 tbsp balsamic vinegar
 2 tbsp tomato puree
 2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
 1 tsp English mustard powder
 2 large carrots, finely chopped
 200g mushrooms, quartered
 Few sprigs thyme
 320g broccoli, cut into florets, steamed, to serve

MASH

750g swede, cut into chunks
 500g Zerella Spud Lite Potatoes, cut into small chunks

1 Preheat oven to 150°C (fan-forced). Heat the oil in a large flameproof and ovenproof casserole dish over medium heat. Add the onions and cook, stirring occasionally, for 8 minutes or until golden. Increase heat to high and add the steak and garlic. Cook, stirring, for 2-3 minutes or until the beef is well browned.

2 Put the dried mushrooms in a medium heatproof bowl. Pour over the boiling water and set aside for 15-20 minutes to rehydrate. Add the mushrooms and the liquid to the casserole with the balsamic vinegar, tomato puree, stock powder and mustard. Stir.

3 Add the carrots, fresh mushrooms and thyme to the casserole dish. Season with pepper. Cover and cook in the preheated oven for 3 hours or until the beef is tender, adding a splash of water towards the end of cooking if the stew is looking dry.

4 Meanwhile, to make the mash, cook the swede and potato in a medium saucepan of boiling water for 12-15 minutes or until very tender. Drain well and return to the pan. Season with pepper and mash until smooth.

5 Serve the beef stew with the vegie mash.



COOK'S TIP

The stew and mash will keep in separate airtight containers in the fridge for up to 3 days or in freezable containers in the freezer for up to 1 month. Defrost in the fridge overnight and reheat in the microwave on Medium/50% or in a saucepan over medium-low heat.

BALSAMIC BEEF STEW WITH VEGIE MASH

Recipe, opposite

NUTRITIONAL INFO

PER SERVE 2010kJ (480Cal), **protein** 42g, **total fat** 16g (sat. fat 5g), **carbs** 32g, **fibre** 16g, **sodium** 470mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

mains



GF LC

SLOW COOKER TURKEY

PREP 10 MINS COOK 4 HOURS

SERVES 2 (AS A MAIN)

350g skinless turkey breasts or chicken breast

fillets, trimmed of fat

Freshly ground black pepper

1 carrot, chopped

1 brown onion, peeled and quartered

6 peppercorns

1 bay leaf

1 sprig rosemary

Few sprigs thyme

1L (4 cups) water

125ml (½ cup) white wine

1½ tbsp Gravox Reduced Salt Traditional Gravy Powder

Roast potatoes & leek, to serve (see Cook's tip)

1 carrot, diagonally sliced, steamed, to serve

1 bunch broccolini, steamed, to serve

1 Season the turkey breasts with pepper and place in a slow cooker. Add the carrot, onion, peppercorns, bay leaf, rosemary, thyme, water and wine. Cook on low setting for 3-4 hours or until no pink meat remains or a meat thermometer reads 75°C at the thickest part of the breast.

2 Remove the turkey from the slow cooker and transfer to a plate. Cover with foil to keep warm. Reserve 125ml (½ cup) of the cooking liquid from the slow cooker.

3 To make the gravy, place the Gravox powder in a small saucepan. Whisk in the reserved cooking liquid. Cook, whisking, over medium heat until the gravy comes to simmer. Simmer for 2 minutes.

4 To serve, slice the turkey and serve with the gravy, roast potatoes and leek, carrots and broccolini.

NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal), **protein** 44g, **total fat** 9g (sat. fat 2g), **carbs** 19g, **fibre** 8g, **sodium** 571mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

PORK WITH CARAMELISED ONIONS & CABBAGE

PREP 10 MINS COOK 40 MINS

SERVES 2 (AS A MAIN)

1 tbsp olive oil

Few sprigs thyme, leaves picked

1 brown onion, thinly sliced

300g white cabbage, shredded

2 tsp wholegrain mustard or gluten-free mustard

Freshly ground black pepper

2 x 100g pork loin medallions, trimmed of fat

400ml water

100g fine polenta (cornmeal)

2 tbsp finely grated parmesan

1 Heat half the oil in a medium, heavy-based frying pan or cast iron pan over medium-low heat. Add the thyme, onion and cabbage. Cook, stirring often, for 20-30 minutes or until the mixture starts to caramelise and becomes sticky. Stir in the mustard. Season with pepper. Transfer to a plate and cover loosely with foil to keep warm.

2 Meanwhile, heat the remaining oil in a medium non-stick frying pan over medium heat. Season the pork with pepper and add to the pan. Cook for 3 minutes on each side, or until cooked through.

3 Bring the water to the boil in a medium saucepan. Pour in the polenta, whisking continuously until well combined. Reduce heat to medium-low and cook, whisking, for 1-2 minutes or until smooth. Stir in the parmesan. Season with pepper.

4 To serve, divide the polenta and cabbage mixture between plates. Top with the pork and serve.

NUTRITIONAL INFO

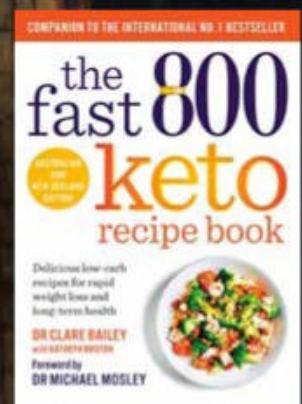
PER SERVE 1920kJ (459Cal), **protein** 35g, **total fat** 15g (sat. fat 4g), **carbs** 41g, **fibre** 7g, **sodium** 311mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

PORK WITH
CARAMELISED
ONIONS & CABBAGE

Recipe, opposite

FAST 800 Keto

Explore the Fast 800 Keto programme with these light, tasty recipes from Dr Clare Bailey's latest book.



The Fast 800 Keto Recipe Book by Dr Clare Bailey. Published by Hachette Australia, RRP \$39.99.



**SPRING GREEN FRITTATA
WITH GOAT'S CHEESE**
Recipe, page 64

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90



COOK'S TIP

These keep for up to 5 days in an airtight container.

CINNAMON AND PECAN BREAKFAST BAR

Recipe, page 64



**MANGO AND LIME
SEMIFREDDO**
Recipe, page 64

book extract

GF LC

SPRING GREEN FRITTATA WITH GOAT'S CHEESE

PREP 10MINS **COOK** 8-9 MINS
SERVES 4 (AS A LIGHT MEAL)

2 spring onions, trimmed and roughly chopped
50g asparagus, woody ends removed, spears roughly chopped
60g green beans, trimmed and roughly chopped
1 tbsp olive oil
15g Garlic and Herb Boursin
50g spinach or rocket (or a mix of both), roughly chopped
6 medium free-range eggs, beaten
50g soft goat's cheese

- 1 Preheat the grill to high.
- 2 Place all the chopped veg and olive oil in a medium non-stick frying pan and sauté over a medium heat for 2–3 minutes. Add the Boursin and the leaves and stir for about 30 seconds, until wilted. Season with a pinch of freshly ground black pepper.
- 3 Pour in the eggs, season and cook for 3 minutes.
- 4 Crumble the goat's cheese all over, then place under the grill for 2–3 minutes, or until the eggs have set and browned slightly. Allow to cool a little before serving.

NUTRITIONAL INFO

PER SERVE 904kJ (216Cal),
protein 15g, **total fat** 17g (sat. fat 6g), **carbs** 1g, **fibre** 1g,
sodium 224mg • **Carb exchanges** 0 • **GI estimate** n/a •
Gluten free • **Lower carb**

LC

CINNAMON AND PECAN BREAKFAST BARS

PREP 15 MINS **COOK** 20 MINS
MAKES 12 (AS A LIGHT BREAKFAST)

3 medjool dates, destoned and cut into small pieces (approx. 55g)
1 tbsp coconut oil
1 tbsp vanilla extract
100g rolled oats
35g mix of pumpkin and sunflower seeds
10g dried cranberries
50g pecan nuts, roughly chopped
2 tsp ground cinnamon
1 level tbsp chia seeds
1 medium free-range egg

- 1 Preheat the oven to 200°C (180°C fan-forced) and line a 20cm square baking tin with baking paper.
- 2 Place the dates in a deep bowl with the coconut oil and 100ml boiling water. Leave the dates to soften for 5 minutes.
- 3 Add the vanilla extract and blitz with a stick blender until smooth.
- 4 In a separate bowl, mix the oats, seeds, cranberries, pecan nuts and cinnamon. Add the chia seeds to the date mixture, then stir this into the dry mixture. Add the egg and mix so that everything is thoroughly combined.
- 5 Transfer to the prepared tin and press the mixture down firmly with a spatula. Bake in the oven for 10 minutes.
- 6 Remove from the oven, cut into 12 squares and leave to cool in the tin.

NUTRITIONAL INFO

PER SERVE 490kJ (117Cal),
protein 3g, **total fat** 8g (sat. fat 2g), **carbs** 9g, **fibre** 2g,
sodium 8mg • **Carb exchanges** ½ •
GI estimate low • **Lower carb**

GF LC

MANGO AND LIME SEMIFREDDO

PREP 10-15 MINS **SERVES** 6 (AS A DESSERT)

250g full-fat Greek yoghurt
Zest of 1 lime
1 tbsp vanilla extract
2 medium free-range eggs, separated
1 × 425g can mangoes in juice, drained and blitzed until smooth (approx. 230g drained weight)

- 1 Line a 450g loaf tin with 2 large sheets of plastic wrap, leaving the excess hanging over the sides of the tin.
- 2 Place the yoghurt, lime zest, vanilla and egg yolks in a bowl and whisk until smooth. Stir in three-quarters of the blitzed mango.
- 3 Place the egg whites in a separate bowl and whisk until very stiff.
- 4 Gently fold the egg whites into the yoghurt mixture until fully incorporated.
- 5 Transfer to the lined tin and swirl the remaining mango on top. Fold the plastic wrap over the tin and place in the freezer for 4–6 hours or overnight.
- 6 Remove from the freezer about 30 minutes before you are ready to serve.

NUTRITIONAL INFO

PER SERVE 397kJ (95Cal),
protein 5g, **total fat** 4g (sat. fat 2g), **carbs** 10g, **fibre** 1g,
sodium 60mg • **Carb exchanges** ½ •
GI estimate low • **Gluten free** •
Lower carb

A close-up, slightly blurred background image of a person sitting on a couch, holding a large bowl of popcorn. The person is wearing a patterned sweater and blue jeans. The popcorn is in a rustic, light-colored wooden bowl. The overall tone is warm and cozy.

Fill a gap between meals with healthy,
energy-boosting snacks

Spicy popcorn
Recipe, page 66

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

QUICK & EASY snacks



COOK'S TIP

This recipe can easily be halved to serve 2.

GF0 LC

SPICY POPCORN

PREP 5 MINS COOK 5 MINS

SERVES 4 (AS A SNACK)

60g (¼ cup) popping corn
10g light margarine, melted
2 tsp salt-reduced taco seasoning
or gluten-free taco seasoning

1 Cook the popping corn in an electric air-popper or in a microwave popcorn maker.

2 Add the margarine and taco seasoning to the popcorn. Toss to coat. Serve.

NUTRITIONAL INFO

PER SERVE 143kJ (34Cal), protein 1g, total fat 1g (sat. fat 0g), carbs 5g, fibre 1g, sodium 118mg • Carb exchanges ½ • GI estimate low
• Gluten-free option • Lower carb

NOTE

Keep popcorn in an airtight container for up to 1 week.

HEALTH TIP

Homemade popcorn is an excellent snack option. Be aware that majority of packaged popcorns tend to be high in fats and sodium

GF

BEETROOT, ORANGE & GINGER JUICE

PREP 10 MINS SERVES 4 (AS A SNACK)

2 (370g) fresh beetroots, peeled
2 oranges, peeled and white pith removed
3cm piece ginger, peeled
1 Lebanese cucumber
Ice cubes, to serve

1 Push the beetroot, orange, ginger and cucumber through the chute of a juicer.

2 Fill the glasses with ice cubes. Pour juice into glasses to serve.

NUTRITIONAL INFO

PER SERVE 268kJ (64Cal), protein 2g, total fat 0g (sat. fat 0g), carbs 12g, fibre 4g, sodium 39mg
• Carb exchanges 1
• GI estimate low
• Gluten free



SALMON & ROCKET MUFFINS

PREP 5 MINS **COOK** 5 MINS **SERVES** 2 (AS A SNACK)

1 Tip Top Wholemeal English muffin or gluten-free muffin, split

1 green shallot, trimmed, finely chopped

2 tbsp finely chopped red capsicum

200g can red salmon in springwater, drained, flaked

Freshly ground black pepper

50% reduced-fat cheese slice, halved lengthways

10g rocket leaves

1 tsp balsamic vinegar

1 Preheat a grill on medium. Line a baking tray with baking paper. Place muffin halves, bottom side up on the tray. Cook for 2 minutes, or until toasted. Turn over the halves.

2 Combine the shallot, capsicum and half the salmon (see Cook's tip) in a small bowl. Season with pepper. Spoon the mixture evenly over the muffin halves and top with the cheese. Return muffins to the grill and cook for 2-3 minutes, or until warmed through and the cheese melts.

3 Toss the rocket and vinegar together and place on top of the muffin halves. Serve.

NUTRITIONAL INFO

PER SERVE 749kJ (179Cal), **protein** 18g, **total fat** 7g (sat. fat 2g), **carbs** 11g, **fibre** 2g, **sodium** 176mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

COOK'S TIP

Use the remaining salmon in a salad or as a sandwich filler.

FLAVOUR SWAP

To make chicken and avocado muffins: Replace the salmon with 25g cooked and shredded, skinless and boneless chicken. Top each muffin half with 1 thin slice of avocado, then the cheese. Continue grilling in step 2.

NUTRITIONAL INFO

PER SERVE 590kJ (141Cal), **protein** 11g, **total fat** 5g (sat. fat 2g), **carbs** 11g, **fibre** 4g, **sodium** 152mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



snacks



HEALTH TIP

Including vegetables in your snacks will help get you closer to your target of 5 serves of vegetables a day!

GFO LC

CURRIED TUNA & CUCUMBER BITES

PREP 10 MINS SERVES 2 (AS A SNACK)

1 large Lebanese cucumber
95g can tuna in springwater, drained
1 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 tbsp shredded flat-leaf parsley
¼ tsp curry powder or gluten-free curry powder
1 green shallot, thinly diagonally sliced
Freshly ground black pepper
Lemon wedges, to serve (optional)

1 Cut the cucumber in half lengthways. Using a small spoon, scoop the seeds out of the cucumber halves.
2 Put the tuna in a small bowl, then flake with a fork. Add the mayonnaise, parsley, curry powder and shallot. Season with pepper. Stir well to combine.
3 Spoon the tuna mixture into the cucumber halves. Cut into halves to

serve. Serve with lemon wedges, if you like.

NUTRITIONAL INFO

PER SERVE 361kJ (86Cal),
protein 12g, **total fat** 2g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 293mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten-free option** • **Lower carb**

GF LC

KALE CHIPS

PREP 5 MINS **COOK** 15 MINS

SERVES 4 (AS A SNACK)

250g kale

1 tsp sesame seeds

1 Preheat oven to 160°C (fan-forced). Line 2 baking trays with baking paper. Using a sharp knife, remove the stem from the centre of kale leaves and discard. Cut the leaves into bite-sized pieces.

2 Arrange the kale pieces on the lined trays. Spray kale with olive oil cooking spray and sprinkle with the sesame seeds. Bake for 12-15 minutes or until the kale is crisp. Serve.

NUTRITIONAL INFO

PER SERVE 165kJ (39Cal),

protein 1g, **total fat** 3g (sat. fat 0g),

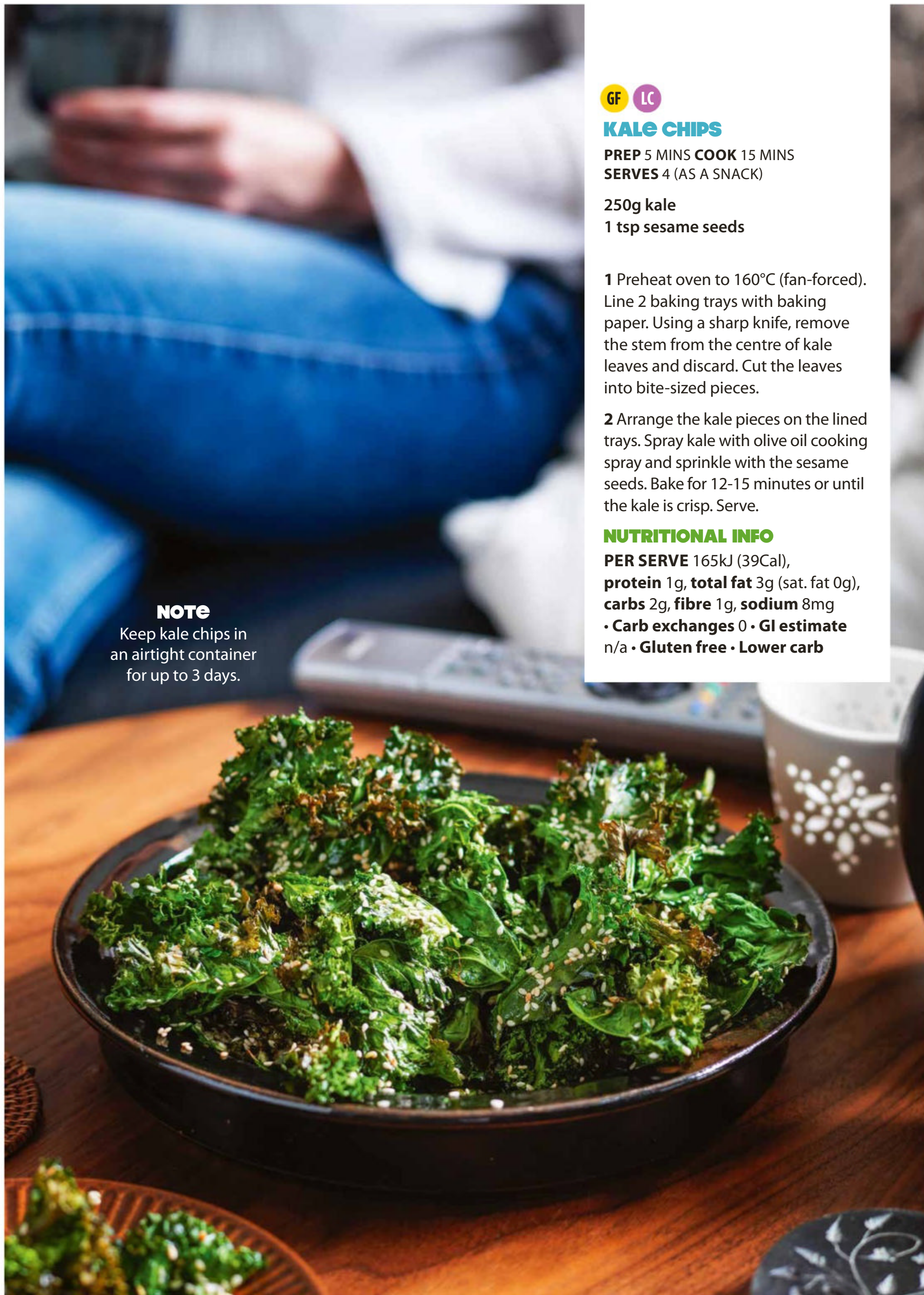
carbs 2g, **fibre** 1g, **sodium** 8mg

• **Carb exchanges** 0 • **GI estimate**

n/a • **Gluten free** • **Lower carb**

NOTE

Keep kale chips in an airtight container for up to 3 days.



HEALTH TIP

Adding vegetables to your dip platters adds a variety of colour, texture and of course essential nutrients!

SPINACH & CREAM CHEESE DIP

Recipe, opposite





SPINACH & CREAM CHEESE DIP

PREP 20 MINS (+ 4 HOURS CHILLING)

COOK 15 MINS **SERVES** 6 (AS A SNACK)

- ½ tsp olive oil
- 1 small brown onion, finely chopped
- 1 clove garlic, crushed
- 1 bunch English spinach, trimmed, washed, chopped
- Pinch of ground nutmeg
- Freshly ground black pepper
- 220g tub light cream cheese
- 2 tbsp low-fat natural yoghurt
- 1 witlof, leaves separated, washed, dried
- 1 large celery stalk, cut into sticks
- 1 large carrot, cut into sticks
- 4 radishes, trimmed, quartered
- 125g (½ punnet) cherry tomatoes, halved
- 16 plain rice crackers or gluten-free rice crackers

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens slightly. Add the garlic and cook, stirring, for 1 minute.

2 Increase heat to high. Add the spinach to the pan. Cook, tossing often, for 3-4 minutes or until the spinach has wilted and any moisture has evaporated. Add the nutmeg and season with pepper. Transfer to a bowl. Set aside for 5 minutes to cool.

3 Transfer mixture to a small food processor or use a hand-held blender. Process until smooth.

4 Whisk the cream cheese and yoghurt in a medium bowl until smooth. Add the spinach mixture and stir until well combined. Cover and put in the fridge for 3-4 hours or until well chilled.

5 Serve the dip with the witlof, celery, carrot, radish, tomato and rice crackers.

NUTRITIONAL INFO

PER SERVE 581kJ (139Cal), **protein** 5g, **total fat** 9g (sat. fat 6g), **carbs** 7g, **fibre** 3g, **sodium** 208mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



SPICY CORN COB

PREP 5 MINS **COOK** 5 MINS

SERVES 2 (AS A SNACK)

- 1 corn cob, husk and silk removed, halved
- ½ tsp ground coriander
- ½ tsp ground cumin
- Pinch of ground chillies
- 2 tsp light margarine
- 1 clove garlic, crushed
- 2 tbsp chopped fresh coriander

1 Put the corn cob in a microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 4 minutes or until tender.

2 Put the ground coriander, cumin and chilli in a small non-stick frying pan. Cook, stirring, for 1 minute or until aromatic. Add the margarine and garlic. Cook, stirring, until the margarine melts.

3 Add the corn to the pan and brush with the spice mixture. Add the fresh coriander and toss to coat. Serve.

NUTRITIONAL INFO

PER SERVE 438kJ (105Cal), **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 11g, **fibre** 5g, **sodium** 23mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

COOK'S TIP

Try replacing the fresh coriander with parsley or chives.

GFO

MICROWAVE SCRAMBLE EGGS

PREP 5 MINS COOK 5 MINS

SERVES 1 (AS A BREAKFAST)

2 x 60g eggs

2 tbsp light milk

Freshly ground black pepper

2 slices wholemeal bread or gluten-free bread,
toasted, to serve

Handful baby spinach leaves, to serve

¼ small avocado, sliced, to serve

1 Put the eggs and milk in a microwave safe jug. Season with pepper. Whisk well to combine. Cook in the microwave on High/100% for 30 seconds, then whisk again and return to the microwave for a further 30 seconds.

2 Whisk the eggs again, breaking up any lumps of egg. Microwave for a further 15 seconds, then whisk again. The eggs will be loose at this stage so serve them straightaway if this is how you like them. If you prefer your eggs a little firmer, microwave for a further 15 seconds, whisk, then serve with toast and sliced avocado.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), **protein** 25g, **total fat** 16g (sat. fat 4g), **carbs** 28g, **fibre** 7g, **sodium** 498mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

Start Mum's day off right by serving her up one of these easy, nutritious breakfasts.

breakfast
IN BED



**HOW OUR
FOOD WORKS
FOR YOU**
see page 90





CHOCOLATE OVERNIGHT OATS

PREP 15 MINS (+ OVERNIGHT CHILLING)

SERVES 2 (AS A BREAKFAST)

90g (1 cup) rolled oats

4 tbsp low-fat natural yoghurt

2 tsp cocoa powder, sifted

2 tsp honey or maple syrup, plus a drizzle extra, to serve

300ml light milk or milk of your choice

12 fresh or defrosted frozen raspberries

1 Divide the oats between 2 small glass jars. Place 1 tbsp yoghurt in each jar. Top each with 1 tsp cocoa powder. Top each jar with 1 tsp honey. Carefully pour 150ml milk into each jar.

2 Stir each of the jars until the ingredients are well combined and the mixture is chocolatey brown.

Top each jar with a drizzle of extra honey and 6 raspberries. Cover and put in the fridge overnight. Serve.

NUTRITIONAL INFO

PER SERVE 1260kJ (302Cal),
protein 16g, **total fat** 7g (sat. fat 2g), **carbs** 41g, **fibre** 5g, **sodium** 110mg • **Carb exchanges** 2½
• **GI estimate** low

POTATO SCONES WITH SMOKED SALMON & SOUR CREAM

PREP 20 MINS COOK 35 MINS SERVES 2 (AS A BREAKFAST)

1 large (about 225g) Carisma Potato, quartered
2 tbsp light margarine, plus 1 tbsp extra, for frying
55g ($\frac{1}{3}$ cup) wholemeal plain flour, plus extra, for dusting
 $\frac{1}{2}$ tsp baking powder
Freshly ground black pepper
1 tbsp olive oil
100g salt-reduced smoked salmon
2 tbsp light sour cream
1 tbsp finely chopped chives
 $\frac{1}{2}$ cup baby spinach leaves and 6 cherry tomatoes, per person, to serve

1 Bring a small saucepan of water to the boil over high heat. Add the potato and reduce heat to medium-high. Cook for 12-15 minutes or until the potato is tender. Drain and leave to steam-dry. Return the potato to the pan and mash with the 2 tbsp margarine. Stir in the flour and baking powder. Season with pepper.

2 Tip the potato mixture onto a lightly floured work surface and press into a circle roughly 15cm wide and about 1cm thick. Cut into four wedges.

3 Heat half the oil and 2 tsp of the extra margarine in a large non-stick frying pan over medium heat. Add one of the scones and cook for 3-4 minutes on each side until golden brown. Transfer to a plate and cover loosely with foil to keep warm. Repeat with the remaining oil, margarine and scones.

4 Divide the scones and smoked salmon between serving plates. Top with the sour cream and chopped chives. Season with pepper. Serve with the spinach leaves and tomatoes.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal),
protein 19g, **total fat** 32g (sat. fat 11g), **carbs** 31g, **fibre** 7g, **sodium** 399mg • **Carb exchanges** 2 • **GI estimate** low



GF

KEFIR BREAKFAST SMOOTHIE

PREP 5 MINS SERVES 2 (AS A BREAKFAST)

- 1 large mango, cheeks removed, flesh chopped
- 2cm piece ginger, finely grated
- ½ tsp ground turmeric
- 200ml fresh orange juice
- 300ml kefir
- 1 tbsp honey or agave, to taste

1 Put all the ingredients in a blender and blitz until completely smooth.

2 Taste and add a little more ginger and turmeric, if you like.

3 Pour the smoothie into two tall glasses and serve.

NUTRITIONAL INFO

PER SERVE 1300kJ (311Cal), **protein** 8g, **total fat** 5g (sat. fat 4g), **carbs** 54g, **fibre** 5g, **sodium** 73mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

COOK'S TIP

The smoothie can be made and chilled in a covered jug in the fridge for up to 24 hours.

GF

VANILLA & CINNAMON BREAKFAST RICE

PREP 10 MINS COOK 35 MINS
SERVES 4 (AS A BREAKFAST)

- 200g brown basmati rice
- 900ml water
- 200ml light milk
- 2 tsp vanilla extract
- 3 bay leaves
- 1 cinnamon stick
- 12 dried apricots, split in half widthways (so they still look whole)
- 400g low-fat natural yoghurt
- 12 walnut halves, broken into pieces
- 2 kiwi fruits, per person, to serve

1 Tip the rice into a large, deep non-stick saucepan with 600ml water, the milk, vanilla, bay leaves and cinnamon stick. Bring to the boil over medium heat. Reduce heat to medium-low and cook, covered, for 25-30 minutes or until the rice is tender. Keep an eye on it to ensure it doesn't boil dry towards the end of its cooking time.

2 Meanwhile, put the apricots in a small saucepan with the remaining 300ml water. Cook over medium-low heat for 10-15 minutes or until tender. Set aside.

3 Remove the bay leaves and cinnamon stick from the rice, then stir in half the yoghurt. Spoon the rice into bowls and top with the remaining yoghurt, the apricots and their juices and the walnuts. Serve with the kiwi fruit on the side for a complete breakfast.

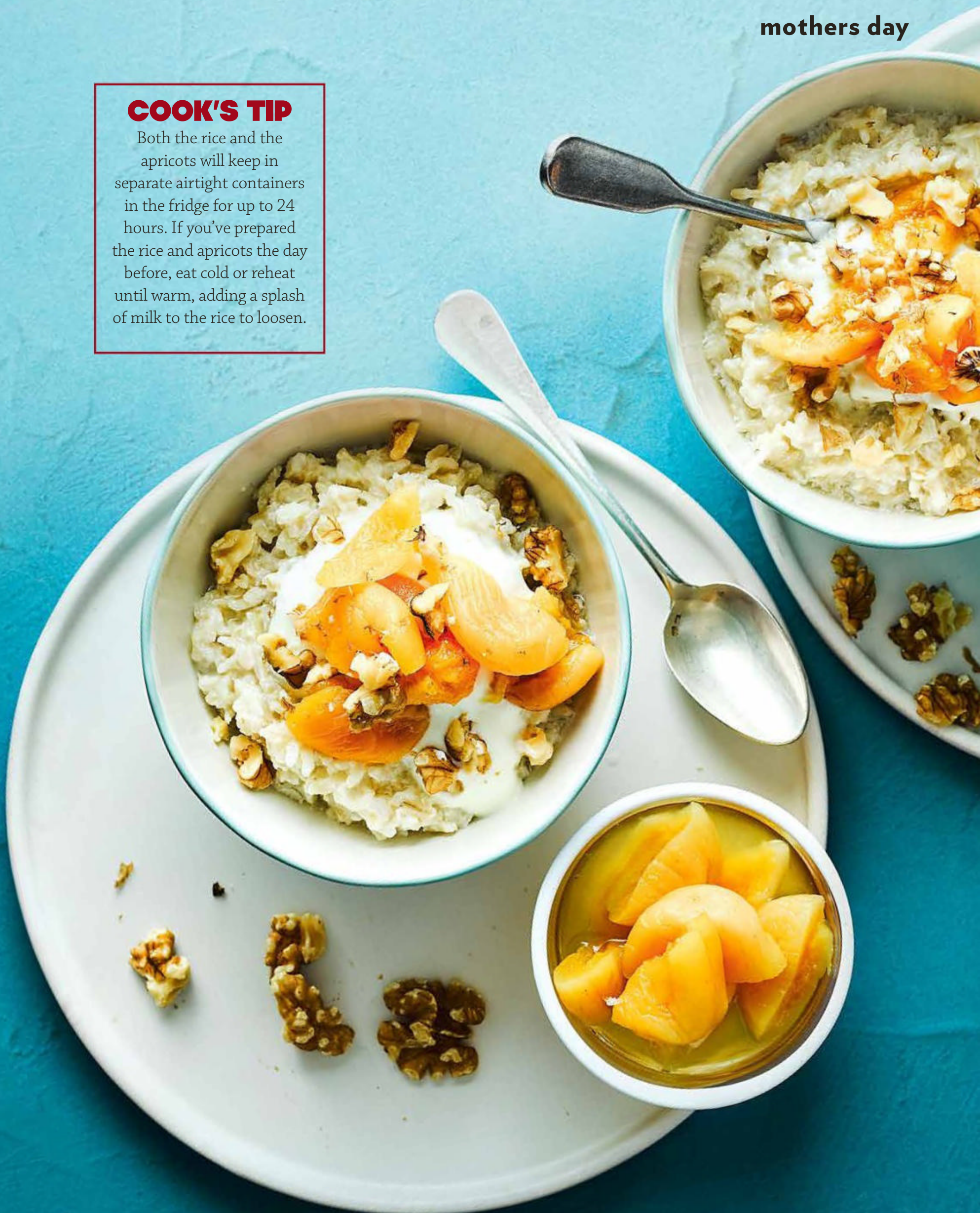
NUTRITIONAL INFO

PER SERVE 1640kJ (392Cal), **protein** 16g, **total fat** 6g (sat. fat 1g), **carbs** 64g, **fibre** 8g, **sodium** 132mg • **Carb exchanges** 4½ • **GI estimate** low • **Gluten free**



COOK'S TIP

Both the rice and the apricots will keep in separate airtight containers in the fridge for up to 24 hours. If you've prepared the rice and apricots the day before, eat cold or reheat until warm, adding a splash of milk to the rice to loosen.



THE GREAT BAKE OFF!

Get your bake on with these moreish treats
from WeightWatchers' new cookbook.

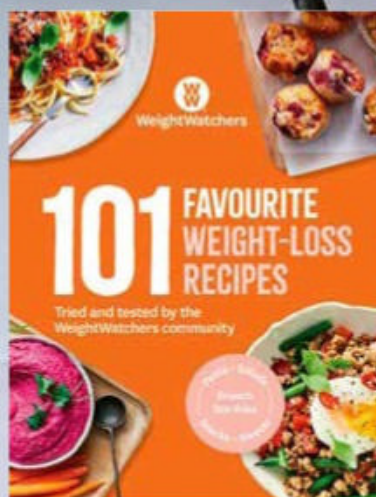
HOW OUR
FOOD WORKS
FOR YOU
see page 90

REBECCA'S CARROT
CAKE LOAF WITH
CREAM CHEESE ICING

Recipe, page 80

4-6

PERSONALPOINTS
RANGE PER SERVE



*101 Favourite Weight-Loss
Recipes by Weight
Watchers Published by
Macmillan Australia;
RRP \$39.99.*

REBECCA'S CARROT CAKE LOAF WITH CREAM CHEESE ICING

SERVES 8 (AS AN OCCASIONAL DESSERT)

PREP 20 MINUTES **COOK** 50 MINUTES

3 eggs, lightly beaten
½ cup (120 g) 99% fat-free plain yoghurt
3 carrots, grated
8 medjool dates, pitted, finely chopped
1 teaspoon ground cinnamon, plus extra to dust
1 teaspoon mixed spice
1 teaspoon ground ginger
1 cup (150 g) self-raising flour

CREAM CHEESE ICING

95 g light cream cheese
1½ tablespoons icing sugar

- 1 Preheat oven to 170°C.
- 2 Combine eggs, yoghurt, carrots, dates and spices in a large bowl. Fold in flour until just combined.
- 3 Pour mixture into an 8 cm x 20 cm silicone loaf tin (or a WW silicone loaf tin). Bake for 45–50 minutes, until a skewer inserted into the centre comes out clean. Stand in tin for 10 minutes, then turn out onto a wire rack to cool.
- 4 Meanwhile, to make icing, beat cheese and icing sugar in a medium bowl until smooth. Spread over top of cooled cake. Dust with extra cinnamon. Cut into 8 slices to serve.

NUTRITIONAL INFO

PER SERVE 989kJ (237Cal), **protein** 8g, **total fat** 5g (sat. fat 3g), **carbs** 39g, **fibre** 4g, **sodium** 248mg
• **Carb exchanges** 2½ • **GI estimate** medium



STORING INSTRUCTIONS

TO REFRIGERATE Store cake in a reusable container for up to 1 week.

TO FREEZE Store whole cake as above, without icing, or store individual slices in reusable snap-lock bags, for up to 2 months. Thaw at room temperature. Top with icing just before serving.

APPLE & CINNAMON OAT CUPS

SERVES 12 (AS DESSERT OR SNACK)

PREP 10 MINUTES **COOK** 30 MINUTES

6 medjool dates, pitted, chopped
¾ cup (185 ml) no-added-sugar apple purée
2 cups (180 g) rolled oats
¼ cup (20 g) desiccated or shredded coconut
3 eggs
2 teaspoons maple syrup
2 teaspoons baking powder
1 teaspoon ground cinnamon
2 teaspoons vanilla extract
1 red apple, unpeeled
½ cup (80 g) fresh or frozen blueberries

- 1 Preheat oven to 180°C. Line a 12-hole, ⅓ cup (80 ml) capacity muffin tray with paper cases.
- 2 Combine dates and 1 tablespoon boiling water in a microwave-safe bowl. Cover and microwave on High (100%) for 1 minute. Mash dates with a fork.
- 3 Combine apple purée, oats, coconut, eggs, syrup, baking powder, cinnamon and vanilla in a large mixing bowl. Stir until combined. Grate half the apple and stir through mixture. Fold through blueberries. Spoon mixture evenly into paper cases.
- 4 Chop remaining apple into small pieces, scatter over tops and lightly press into the mixture. Bake for 25–30 minutes, until a skewer inserted into the centres comes out clean. Stand oat cups in tray for 5 minutes, then transfer to a wire rack. Serve warm or cooled.

NUTRITIONAL INFO

PER SERVE 599kJ (143Cal), **protein** 4g, **total fat** 4g (sat. fat 2g), **carbs** 22g, **fibre** 4g, **sodium** 78mg
• **Carb exchanges** 1½ • **GI estimate** low



STORING INSTRUCTIONS

TO REFRIGERATE Store oat cups in a reusable container for up to 4 days. Serve cold or microwave until warm.

TO FREEZE Store oat cups as above, for up to 2 months. Thaw at room temperature or microwave until warm.



APPLE & CINNAMON
OAT CUPS

Recipe, opposite

1-4

PERSONALPOINTS
RANGE PER OAT CUP





STORING INSTRUCTIONS

TO REFRIGERATE Store muffins in a reusable container for up to 2 days. Serve cold or microwave until warm.

TO FREEZE Store muffins as above, for up to 2 months. Thaw at room temperature or microwave from frozen until warm.



**STRAWBERRY &
COTTAGE CHEESE
MUFFINS**

Recipe, page 84

O-4

PERSONALPOINTS
RANGE PER MUFFIN

Date & walnut loaf

Recipe, page 84

6-7

PERSONALPOINTS
RANGE PER SERVE



STORING INSTRUCTIONS

TO REFRIGERATE Store whole loaf in a reusable container for up to 1 week. Cut individual slices to serve and enjoy cold or warm in the microwave or toaster.

TO FREEZE Store whole loaf as above, or store individual slices in reusable snap-lock bags, for up to 2 months. Thaw at room temperature or microwave slices from frozen until warm.

book extract

STRAWBERRY & COTTAGE CHEESE MUFFINS

SERVES 12 (AS A SNACK)

PREP 15 MINUTES **COOK** 30 MINUTES

12 medjool dates, pitted, roughly chopped
2 teaspoons baking powder
1 cup (250 g) 97% fat-free cottage cheese
2 cups (180 g) quick oats
3 eggs
2 teaspoons vanilla extract
250g fresh strawberries, sliced

1 Preheat oven to 180°C. Line a 12-hole, 1/3 cup (80 ml) capacity muffin tray with paper cases.

2 Combine dates and 2 tablespoons boiling water in a large microwave-safe bowl. Cover and microwave on High (100%) for 1½ minutes. Stir in baking powder (mixture will foam).

3 Process cottage cheese in a food processor until smooth. Add oats, eggs, vanilla and date mixture and process until combined (to prevent a dense texture, do not overprocess). Add 200g strawberries and pulse to combine.

4 Spoon mixture evenly into paper cases. Scatter over remaining strawberries and lightly press into the mixture. Bake for 30 minutes or until golden and a skewer inserted into the centre of muffins comes out clean. Stand in tray for 5 minutes, then transfer to a wire rack. Serve warm or cooled.

NUTRITIONAL INFO

PER SERVE 725kJ (173Cal),
protein 7g, **total fat** 3g (sat. fat 1g),
carbs 29g, **fibre** 4g, **sodium** 174mg • **Carb exchanges** 2
• **GI estimate** medium

DATE & WALNUT LOAF

SERVES 12 (AS A SNACK)

PREP 15 MINUTES **COOK** 1 HOUR 10 MINUTES

2 cups (300 g) self-raising flour
1 teaspoon bicarbonate of soda
1 teaspoon ground cinnamon
½ cup (75 g) dried apricots, chopped
½ cup (115 g) medjool dates, pitted, chopped
1/3 cup (35 g) walnuts, chopped
1/3 cup (75 g) caster sugar
¾ cup (185 ml) skim milk
2 eggs
1¼ cups (300 g) 99% fat-free plain yoghurt

1 Preheat oven to 160°C. Lightly spray a 11 cm x 25 cm (top measurement) x 7.5 cm deep loaf tin with oil. Line base and sides with baking paper, extending paper 3 cm above edge of tin.

2 Sift flour, bicarbonate of soda and cinnamon into a large bowl. Stir in apricots, dates, walnuts and sugar.

3 Whisk milk, eggs and yoghurt in a bowl. Add milk mixture to date mixture and stir until combined. Pour into prepared tin.

4 Bake for 1 hour 10 minutes or until a skewer inserted into the centre comes out clean. Stand loaf in tin for 10 minutes, then turn out onto a wire rack. Serve warm or cooled.

NUTRITIONAL INFO

PER SERVE 881kJ (211Cal),
protein 6g, **total fat** 3g (sat. fat 1g),
carbs 39g, **fibre** 2g, **sodium** 336mg • **Carb exchanges** 2½
• **GI estimate** high

BANANA CHOC-CHIP MINI MUFFINS

SERVES 12 (2 PER SERVE, AS A SNACK)

PREP 20 MINUTES **COOK** 15 MINUTES

2/3 cup (160 g) 99% fat-free plain yoghurt
1/3 cup (80 ml) skim milk
1 egg
½ cup (45 g) quick oats
75 g brown sugar
1 ripe banana, mashed
1½ teaspoons vanilla extract
½ cup (75 g) plain flour
1/3 cup (50 g) plain wholemeal flour
1¼ teaspoons baking powder
½ teaspoon bicarbonate of soda
½ cup (100 g) dark chocolate chips

1 Preheat oven to 180°C. Lightly spray 2 x 12-hole, 1½ tablespoon (30 ml) capacity non-stick mini-muffin trays with oil.

2 Whisk yoghurt, milk and egg in a large bowl. Add oats, sugar, banana and vanilla. Whisk to combine. Stand for 5 minutes.

3 Meanwhile, sift flours, baking powder and bicarbonate of soda into a bowl, returning any husks to the bowl. Add flour mixture and three-quarters of the chocolate chips to the yoghurt mixture and stir until just combined.

4 Spoon mixture evenly among prepared muffin holes and sprinkle with remaining chocolate chips. Bake for 12–15 minutes, until a skewer inserted into the centre of muffins comes out clean. Stand muffins in tray for 5 minutes, then transfer to a wire rack to cool.

NUTRITIONAL INFO

PER SERVE 497kJ (119Cal),
protein 3g, **total fat** 3g (sat. fat 1g),
carbs 19g, **fibre** 1g, **sodium** 113mg • **Carb exchanges** 1
• **GI estimate** medium

BANANA CHOC-CHIP
MINI MUFFINS
Recipe, opposite

3

PERSONALPOINTS
PER MUFFIN



STORING INSTRUCTIONS

TO REFRIGERATE Store muffins in a reusable container for up to 5 days.

TO FREEZE Store muffins as above, for up to 2 months. Thaw at room temperature or microwave from frozen until warm.

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

COMMON APPLE VARIETIES



Royal Gala

– first of the season, medium in size with a sweet flavour profile making them ideal for pies, sauces and salads.



Golden Delicious

– popular in tarts, pies, cakes and muffins.



Red Delicious

– medium to large apple with a medium sweetness and crisp, white, juicy flesh. Great to munch on as a snack or in salads.



Fuji

– this medium-sized apple is slightly sweeter than other varieties and is great in salads, pies and sauces.



Pink Lady

– large with a firm, sweet, crisp, juicy flesh. Excellent in salads, sauces and pies.



Granny Smith

– a hard apple with a crisp tart flavour perfect for baking, salads, sauces and pies.

KITCHEN TIP

Looking for a fast and portable snack? Look no further than your humble apple!

Apples are a source of low glycemic index (GI) carbohydrates, with your average apple containing approximately 1 carbohydrate exchange. It also gives an excellent punch of fibre, vitamin C and antioxidants into your daily diet.

As with most fruit, a lot of the fibre is found in the skin of the apple, so it's best to eat the peel as well as the juicy flesh, for a super filling and nutritious snack between meals.

SELECTION & STORAGE

- Choose apples with firm, smooth skin
- Keep your apples crisp by storing them in the fridge
- Aussie apple picking season runs from February to June



SECOND LUNCH

GFO

Toss a handful of baby spinach leaves with 50g button mushrooms, 20g walnut pieces, 60g torn cooked skinless chicken breast fillet, 4 drained canned baby beetroots and a drizzle of balsamic glaze. Serve with a slice (40g) wholemeal sourdough bread or gluten-free bread. **Serves 1.**

PER SERVE 1670kJ (400Cal), **protein** 27g, **total fat** 18g (sat. fat 2g), **carbs** 28g, **fibre** 7g, **sodium** 403mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

SUPERMARKET CRUSH

Dietitian's pick - Psyllium husks

Psyllium husk is a natural source of soluble fibre and is the perfect addition to your daily diet. Soluble fibre is known to promote healthy bowel movements, lower cholesterol levels and help keep you feeling fuller for longer, which can also help with weight management goals. Soluble fibre can also be beneficial in managing blood glucose levels, as it slows the digestion and absorption of carbohydrates.

Try mixing a tablespoon of psyllium husk in a small glass of water and drinking on its own. Or it can be added to breakfast cereals, smoothies, pancakes, cakes and muffins. One tablespoon will contain close to 5g of fibre (that's 20% of the RDI for women and 17% for men).

Psyllium husk is easy to find in the health food aisle of your local supermarket.

food bites

QUICK DESSERTS

GF LC

MIXED BERRY COMPOTE

Cook 1 cup mixed berries, ½ cinnamon stick, ½ tsp vanilla extract, 2 tbsp water and 2 tsp Splenda Stevia Liquid in a small saucepan over medium heat until the berries soften and the liquid reduces slightly. Top each serve with 2 tbsp reduced-fat Greek-style natural yoghurt. **Serves 2.**

PER SERVE 191kJ (46Cal), **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 6g, **fibre** 3g, **sodium** 24mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

CHOCOLATE & PISTACHIO STRAWBERRIES

Drizzle 20g melted Noshu 97% sugar-free dark chocolate over 8 large strawberries. Sprinkle with 2 tsp finely chopped, unsalted shelled pistachio nuts. Set aside for 15 minutes to allow the chocolate to set. **Serves 1.**

PER SERVE 721kJ (172Cal), **protein** 5g, **total fat** 9g (sat. fat 6g), **carbs** 9g, **fibre** 5g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF

APPLE & CINNAMON BITES

Quarter and core 1 small apple. Cut each quarter into thin wedges. Toss wedges in a little lemon juice. Sprinkle over a little ground cinnamon. Serve with a small scoop (50g) of lemon sorbet. **Serves 1.**

PER SERVE 581kJ (139Cal), **protein** 1g, **total fat** 1g (sat. fat 0g), **carbs** 31g, **fibre** 3g, **sodium** 8mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Potato scones with smoked salmon & sour cream (p75)	Kefir breakfast smoothie (p76)	Chocolate overnight oats (p74) <i>Pictured above</i>	Microwave scramble eggs (p72)
Optional snack	1 cup fruit salad	Curried tuna & cucumber bites (p68)	1 piece fresh fruit	Beetroot, orange & ginger juice (p66)
Lunch	Spring green frittata with goat's cheese (p64) <i>Pictured above</i>	Capsicum, pumpkin & harissa soup (p49) <i>Pictured above</i>	Corn chowder (p44)	Carrot & ginger soup (p48)
Optional snack	Spicy corn cob (p71)	1 piece fresh fruit	Spicy popcorn (p66)	20g reduced-fat cheddar with a small pear
Dinner	Beef, tomato & cinnamon stew (p32)	Spinach falafel & hummus bowl (p17)	Roasted teriyaki vegetable bowl (p18)	Creamy beetroot & feta pasta (p19) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	170g tub Chobani yoghurt	Mixed berry compote (p87)	1 cup fruit salad + ½ cup Yoplait Forme yoghurt	Chocolate & pistachio strawberries (p87)
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



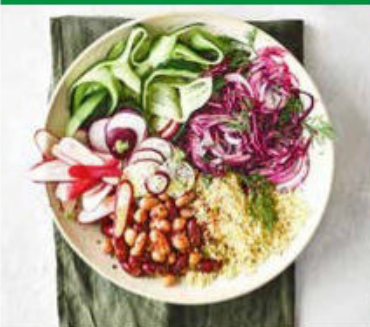
INTUITIVE EATING

Whether it be our time at school, work, or even just adhering to the social norms of meal times, we have learnt to eat according to the clock rather than listening to our bodies' needs and eating to satisfy our individual hunger levels. This can lead to eating excess food and kilojoules, and can ultimately make health, weight and diabetes management more difficult.

Intuitive eating is about becoming in tune with your own internal hunger and fullness cues and responding to them appropriately. Recent studies suggest it is linked to improved weight maintenance, self-esteem, body image and relationship with food.

Hunger is an appropriate and normal feeling and indicates your body is in need of nourishment. But if you find yourself feeling hungry soon after your last meal, try reflecting back on what you ate – did you have enough protein, fibre and low GI carbohydrate to keep you feeling satisfied? Or was something lacking?

For people on insulin and/or other diabetes medications that place you at risk of hypos, it is still important to check your blood glucose levels (BGLs) regularly and respond appropriately, if your BGLs are dropping, it is an indication that you need to eat a nourishing carbohydrate-containing snack or meal. ■

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
Kefir breakfast smoothie (p76)	Chocolate overnight oats (p74)	Vanilla & cinnamon breakfast rice (p76)
30g unsalted mixed nuts	1 piece fresh fruit	1 cup fruit salad
Spring green frittata with goat's cheese (p64)	Italian-style vegetable soup (p50)	60 second lunch (p87)
Curried tuna & cucumber bites (p68)	Kale chips (p69)	Spinach & cream cheese dip (p71)
Smoky chipotle chicken soup (p20) <i>Pictured above</i>	Buddah bowl salad (p21) <i>Pictured above</i>	Cabbage roll enchiladas (p53) <i>Pictured above</i>
have a couple of alcohol-free days a week.		
1 cup fruit salad + ½ cup Yoplait Forme yoghurt	Apple & cinnamon bites (p87)	1 cup mixed berries & ½ cup Yoplait Forme yoghurt
Always discuss your exercise plans with your doctor first.		

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO

PER SERVE 749kJ (179Cal), protein 18g, total fat 7g (sat. fat 2g), carbs 11g, fibre 2g, sodium 176mg • Carb exchanges ½ • GI estimate medium • Gluten-free option • Lower carb

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

SALMON & ROCKET MUFFINS

Recipe, page 67

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“You are
in pretty good
shape for
the shape
you are in.”*

Dr Seuss

PHOTOGRAPHY: TTY11AC'S



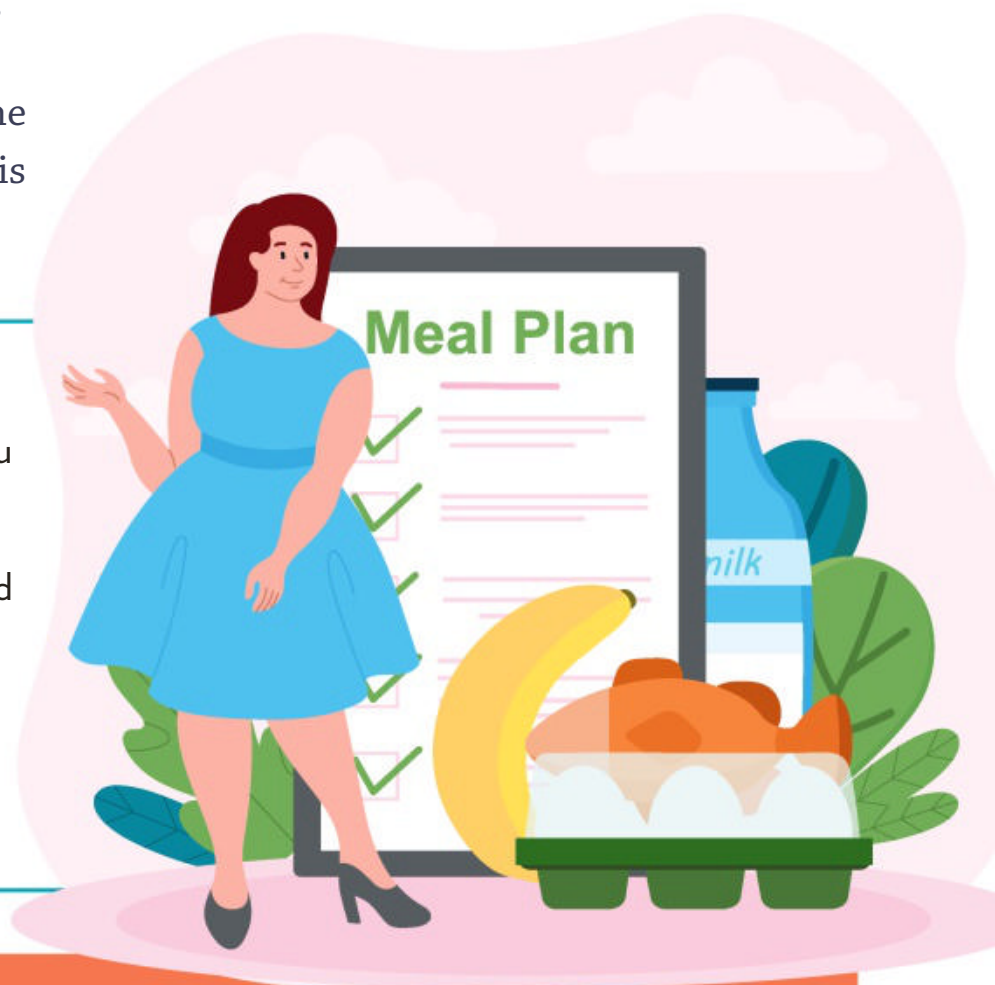
10 TIPS FOR HEALTHY EATING ON A BUDGET

The cost-of-living crisis isn't going away anytime soon, so we asked DL's Dr Kate Marsh for her best advice on getting the most dazzle from your food dollars.

Healthy eating is an important part of managing diabetes, yet for some of us, especially at the moment, budget can be a barrier to eating well. The good news is that despite increasing food costs, it is possible to eat well without breaking the bank.

1 PRIORITISE MEAL PLANNING

Planning your meals for the week not only helps you eat well, but can also save you money. Start by working out the meals you plan to cook over the next week, determine which ingredients you already have, and write a shopping list for the things you still need to buy. This can help you save money by only buying what you need - just make sure you stick to your list when you head to the supermarket or do your online order and avoid impulse purchases.



2 COOK MORE AT HOME

Cooking at home is one of the best ways to save money on food costs, particularly if you eat out or buy takeaway meals regularly. This is where meal planning can help, along with setting aside some time to prepare meals each week. For example, you could make a batch of overnight oats for breakfast and some salads or a pot of soup to take for work lunches, along with batch cooking and freezing meals such as curries, stews and casseroles for nights when you don't have the time or energy to cook.



3 AVOID FOOD WASTE

Food waste is a major problem in Australia. According to the National Food Waste Strategy Feasibility Study, Australia generated about 7.3 million tonnes of food waste in 2016–17, or around 300kg per person. And the food that we waste at

home is the biggest contributor, making up just over one third of all national food waste. Most of this goes to landfill. It is estimated that food waste costs households around \$2000–\$2500 per year, so reducing food waste will not only benefit the environment but also your wallet. You can do this by planning meals, shopping with a list and only buying what you need. With fresh produce, you can save money while helping to reduce food waste by choosing the less good-looking but equally nutritious vegetables offered by some retailers such as Coles' 'I'm Perfect', Woolworths' 'Odd Bunch' and Harris Farm's 'Imperfect Picks'.



6 INCLUDE MORE PLANT PROTEIN

Animal protein can be expensive, particularly the lean cuts of meat and chicken and fresh fish or seafood, which are better choices for your health. Legumes (lentils, chickpeas and dried or canned beans) are an inexpensive protein choice and also have health benefits for managing diabetes. So consider having a few vegetarian meals each week or replace part of the meat in the dishes such as stews, casseroles and mince-based meals with lentils or beans. Canned fish and eggs are also an economical protein source.

4 SHOP SEASONALLY

Shop for fruit and vegetables in season – they are usually of better quality and cheaper. This is also a good way to increase the variety of fruits and vegetables in your diet. Don't forget to consider what is in season when you are planning your meals for the week. To find out which produce is in season at different times of the year, check out the Sustainable Table's seasonal produce guide here: sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide. Your local farmers market can also be a great way to find seasonal fresh produce, often at lower prices.



5 CONSIDER FROZEN AND CANNED PRODUCE

If fresh vegetables and fruit are expensive or unavailable, consider buying frozen produce instead. Vegetables are usually snap frozen soon after they are picked and retain most of the nutrients when frozen. They are often cheaper than the fresh variety, particularly when they are out of season. Canned fruits and vegetables can also be an option when fresh produce is expensive or unavailable. Choose products canned without added salt or sugar.

7

TAKE ADVANTAGE OF SALES

Stock up on healthy non-perishable staples when they are on sale, including grains, canned or dried legumes, canned fish, canned fruit and vegetables and frozen fruit or vegetables. These usually have a long shelf-life and you can include them in a variety of meals. If you buy larger quantities of perishable items that are on sale, do some batch cooking and freeze extra portions for future meals while the food is still fresh.



GO FOR MINIMALLY PROCESSED WHOLEGRAINS

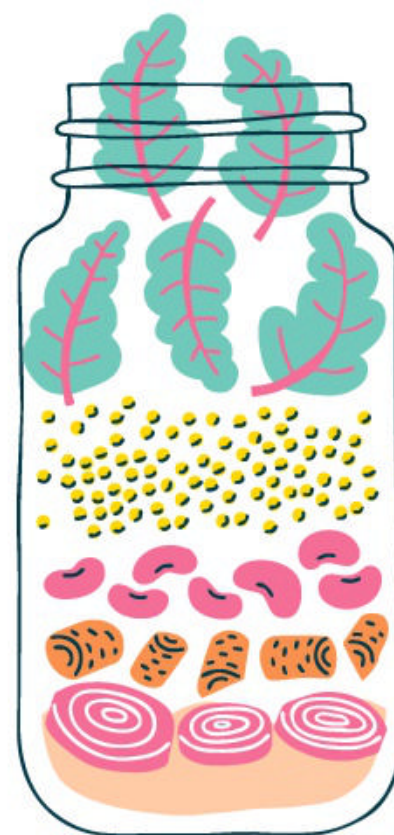
Wholegrains, including brown rice, barley and wholegrain or wholemeal pasta, are a good source of fibre and nutrition and are relatively inexpensive. They are also versatile foods that you can use as a base for a variety of meals. Another budget-saving option is switching processed breakfast cereals for a bag of old-fashioned rolled oats. These are much cheaper and you can use them to make a variety of breakfast options, including porridge, home-made muesli or overnight oats.

9 GROW YOUR OWN

Even with limited space and time, there are some foods that can be worthwhile growing yourself. For example, herbs and salad leaves are easy to grow in a pot outside or on a sunny windowsill. You can also easily grow your own salad sprouts, such as mung bean, alfalfa and broccoli sprouts, in a glass jar or commercial sprouting kit on your kitchen bench.



budget



10

LIMIT ULTRA-PROCESSED FOODS

The average Australian consumes over 40% of their total energy intake from ultra-processed foods and 60% of packaged foods in our supermarkets are considered ultra-processed. Ultra-processed foods are usually nutrient poor and are designed to be convenient, hyper-palatable and highly profitable for food manufacturers. Replacing these foods with fresh and minimally processed alternatives will benefit both your health and your food budget.



COMBAT CRAVINGS

Kickstart your weight-loss goals with these top tips from CSIRO dietitian and health coach Pennie McCoy

Managing your weight is crucial when it comes to type 2 diabetes. And while exercise and healthy eating are the age-old strategies to getting your weight under control - for some people, a more tailored solution is necessary.

Cravings can be one of the biggest obstacles to successful dieting. In fact, research shows that not only do people with higher-than-average cravings have more weight to lose, they also tend to lose less weight. A recent survey of 330 Australians by CSIRO, Australia's national science agency, found that the majority of those surveyed (66%) find resisting cravings to be a constant struggle, while 82% feel that losing weight would be a whole lot easier without the accompanying cravings.

As an accredited dietitian and health coach at the **CSIRO Total Wellbeing Diet**, I work with Australians every day to make the critical steps to managing their weight, and the associated health conditions that stem from being overweight or obese. Those with type 2 diabetes are no exception, and when it comes to this serious diagnosis, making the necessary steps to curb cravings can be life changing.

Our research has shown us that

if people don't see results in the first three weeks of a weight-loss journey, they are more likely to give up on their diets and go back to old habits. In fact, those who start strong in the first three weeks of a weight-loss program go on to lose 3.5 times more weight after 12 weeks, than those who struggle to get started.

As is often the case with creating new habits, many people don't know where to start when it comes to losing weight and keeping it off. Feeling supported in those early days and weeks is crucial, as is maintaining motivation, and evidence shows that the level of support provided to those looking to lose weight is directly correlated to their achieved weight loss.

So, how do we create new healthy habits and curb cravings?

 **Find what works for you**
Weight loss isn't a one size fits all approach. Finding exercises that you enjoy and will therefore do each week is key. Try out swimming, walking, or join a local sports club to find the one that works best for you and then work to incorporate it into your weekly routine.

Get creative

Cooking, preparing, and eating meals that you enjoy will ensure you continue to do so. Spend time in the kitchen creating meals you like that are also healthy and allow you to lose weight, and avoid cravings. Exploring alternative options like the **CSIRO Total Wellbeing Diet 12 Week Program for Pre-diabetes and Type 2 Diabetes** is also a great way to find meals that suit you and your specific needs best.

Find ways to keep motivated and look for support

As we know, motivation plays a key role in weight loss, as does feeling supported. Buddy up with a friend or family member to support each other throughout your weight loss and exercise journey, and make sure you support one another when faced with cravings.

Take time to plan and prepare for the week ahead

Planning ahead is crucial when it comes to fitting exercise into our busy lives and sticking to meal plans. Make sure to meal plan, go food shopping and meal prep for the week ahead to avoid reaching for unwanted snacks or meals when out and about or when cravings pop up.

Find out more about the CSIRO Total Wellbeing Diet program, including ways to manage pre-diabetes and Type 2 diabetes, by heading to totalwellbeingdiet.com/au/the-diet/our-programs/diabetes/

A diabetes diagnosis may not be as black and white as you think.
Diabetes Nurse Educator Jijimol Arun explains how your team might be

MISSING THE MARK ON diabetes classification



There are times in a person's journey with diabetes that it may be necessary to reclassify their diagnosis. Baker Heart and Diabetes Institute Diabetes Nurse Educator Jijimol Arun explains how misclassification happens and how important it is to get a diabetes diagnosis right.

Increased thirst, increased urination, hunger and tiredness. These are all symptoms of type 2 diabetes. But, they are also symptoms of type 1 diabetes, which

can make distinguishing between the two difficult.

Then, throw in latent autoimmune diabetes in adulthood (LADA), a sub-group of type 1 diabetes, which has a slow onset and for which insulin may not be required early in its progression, and it is easy to see why some people may be misclassified as having type 2 diabetes when they may, in fact, have type 1.

It is estimated that about 10 per cent of adults diagnosed with type

2 diabetes actually have type 1 diabetes, and that more than a third of adults with type 1 diabetes were misdiagnosed and initially treated for type 2. While there are blood tests that can be performed, and a number of other tools to assist with diagnosis, the absence of a definitive diabetes diagnostic tool can sometimes lead to a misclassification, despite the very different ways that type 1 and type 2 diabetes develop.



HOW CAN I BE MISCLASSIFIED?

Besides the overlapping symptoms and lack of a definitive diagnostic tool, there are a number of other factors that may drive the possibility of misdiagnosis – and one is historical.

It wasn't until 1978 that we started using the names type 1 and type 2 diabetes to distinguish between the different types. Until then, type 2 diabetes was known as adult-onset or non-insulin dependent diabetes, and type 1 diabetes was known as juvenile or insulin-dependent diabetes.

The name changes were introduced to reflect underlying causes of the conditions rather than by age and how the diabetes was treated. However, those historical perceptions, and the

sheer weight of numbers, may still skew modern-day diagnoses.

We know that type 2 diabetes is by far the most common type of diabetes in Australia. Over the last 12 months, of all people diagnosed with diabetes, 87 per cent are registered as having type 2 diabetes. So, given those numbers, and the fact that age is a recognised risk factor, confirmation bias may contribute to an inaccurate diagnosis of type 2 diabetes.

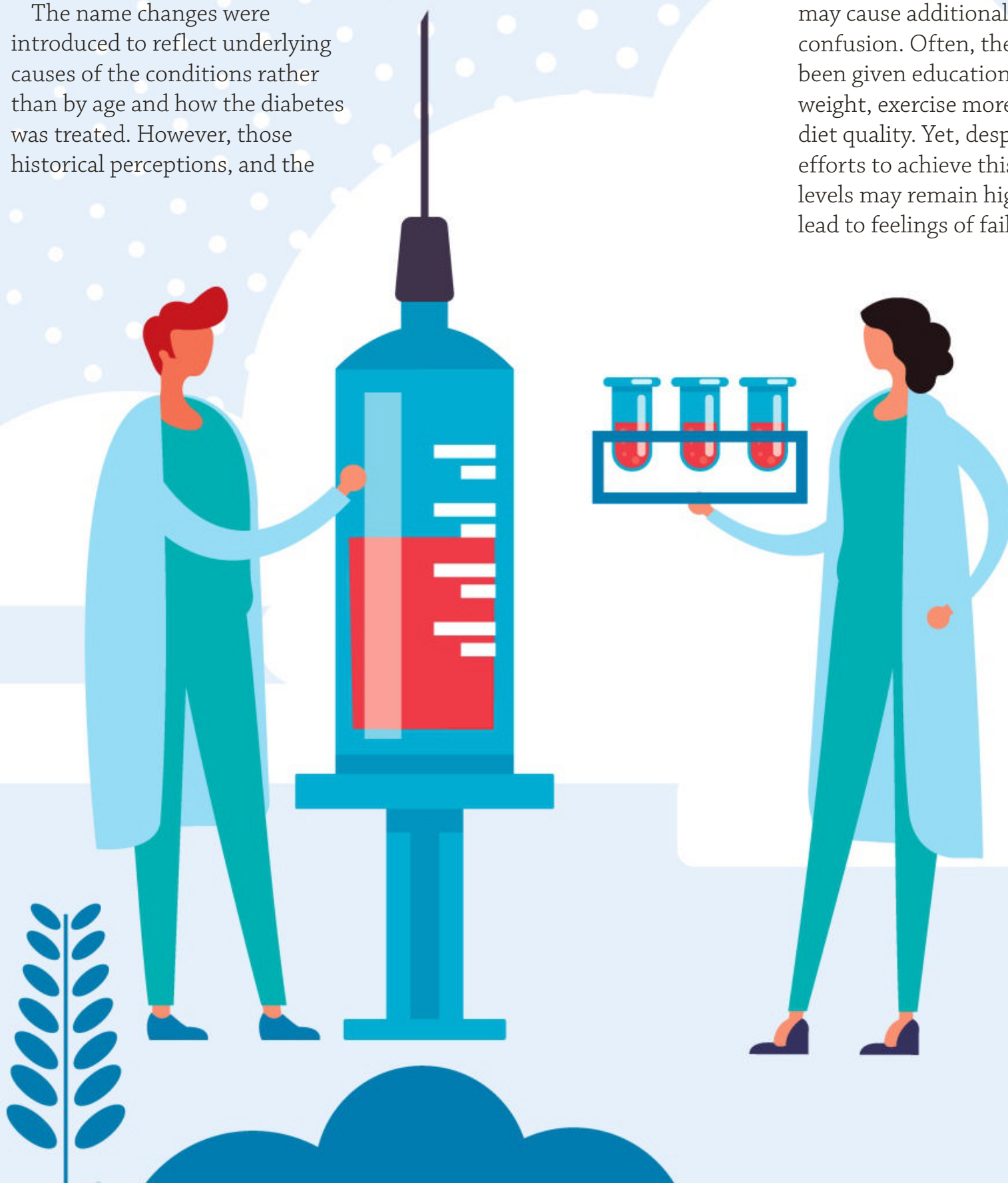
It is surprising to many though, that more than half of new type 1 diabetes diagnoses occur in adults. You can be diagnosed with type 1

diabetes at any age, however, the later in life the diagnosis, the greater the risk of misclassification.

As mentioned earlier, people with LADA often present with some of the signs for type 2 diabetes, including metabolic syndrome, which can make it harder to distinguish between these different classifications.

GETTING THE CLASSIFICATION RIGHT

Any diabetes diagnosis can be overwhelming, but for people with type 1 who have been misclassified as type 2, the incorrect diagnosis may cause additional stress and confusion. Often, they will have been given education to lose weight, exercise more and improve diet quality. Yet, despite best efforts to achieve this, their glucose levels may remain high, which can lead to feelings of failure.



Furthermore, when the diagnosis is changed, a process of unlearning and re-learning has to occur. Additional skills are required for the management of type 1 diabetes and often, ongoing education and support are required.

Most importantly, undiagnosed type 1 diabetes can also be incredibly dangerous because of the

risk of diabetic ketoacidosis, a process whereby the blood becomes acidic due to the lack of insulin. Diabetic ketoacidosis can be fatal.

When classifying diabetes and establishing a management plan, there are a number of factors that should be considered together. They include:

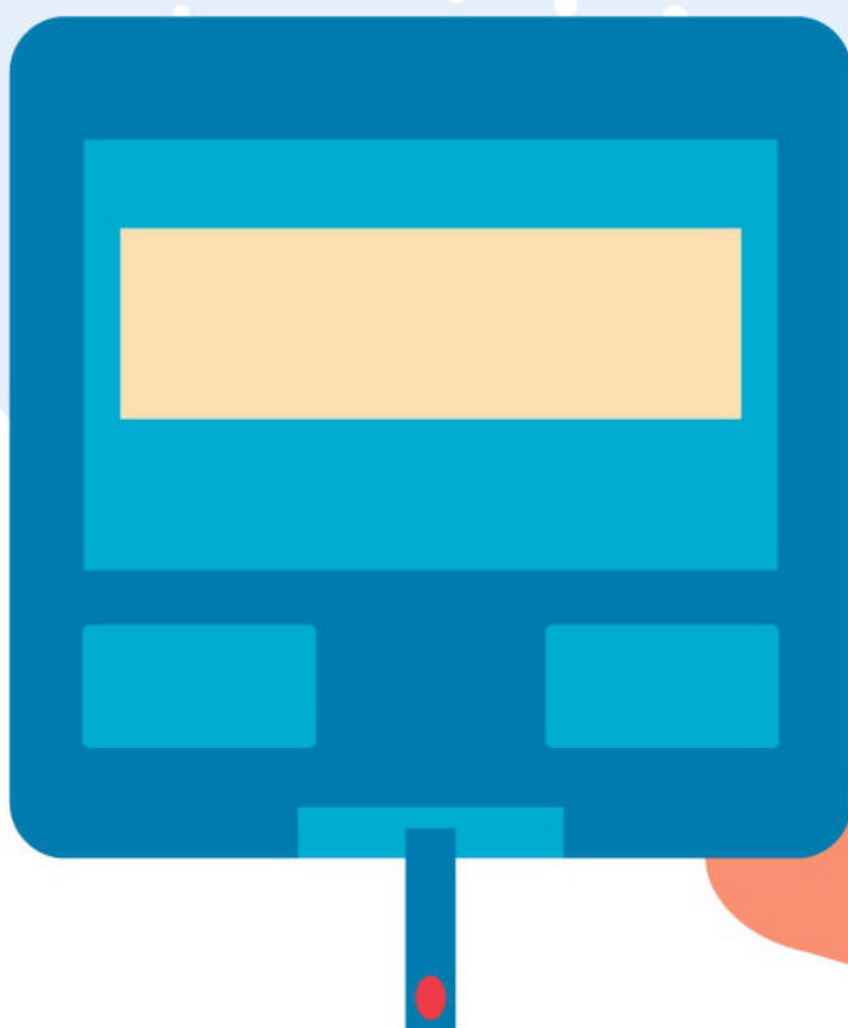
Age: type 1 diabetes most commonly develops in people younger than 30 years of age, but not exclusively.

Autoimmunity: if a person has other auto immune conditions, including thyroid disease, rheumatoid arthritis or coeliac disease, type 1 diabetes may be more likely.

Body shape and size: if a person with diabetes is not overweight when they are diagnosed, type 1 diabetes should be considered.

Background: family history of either type 1 or type 2 diabetes can be helpful in suggesting which type it might be.

Medications: if type 2 diabetes management is worsening while on oral diabetes medications or the person requires insulin within three years of diagnosis, type 1 diabetes should be strongly considered.



type 1

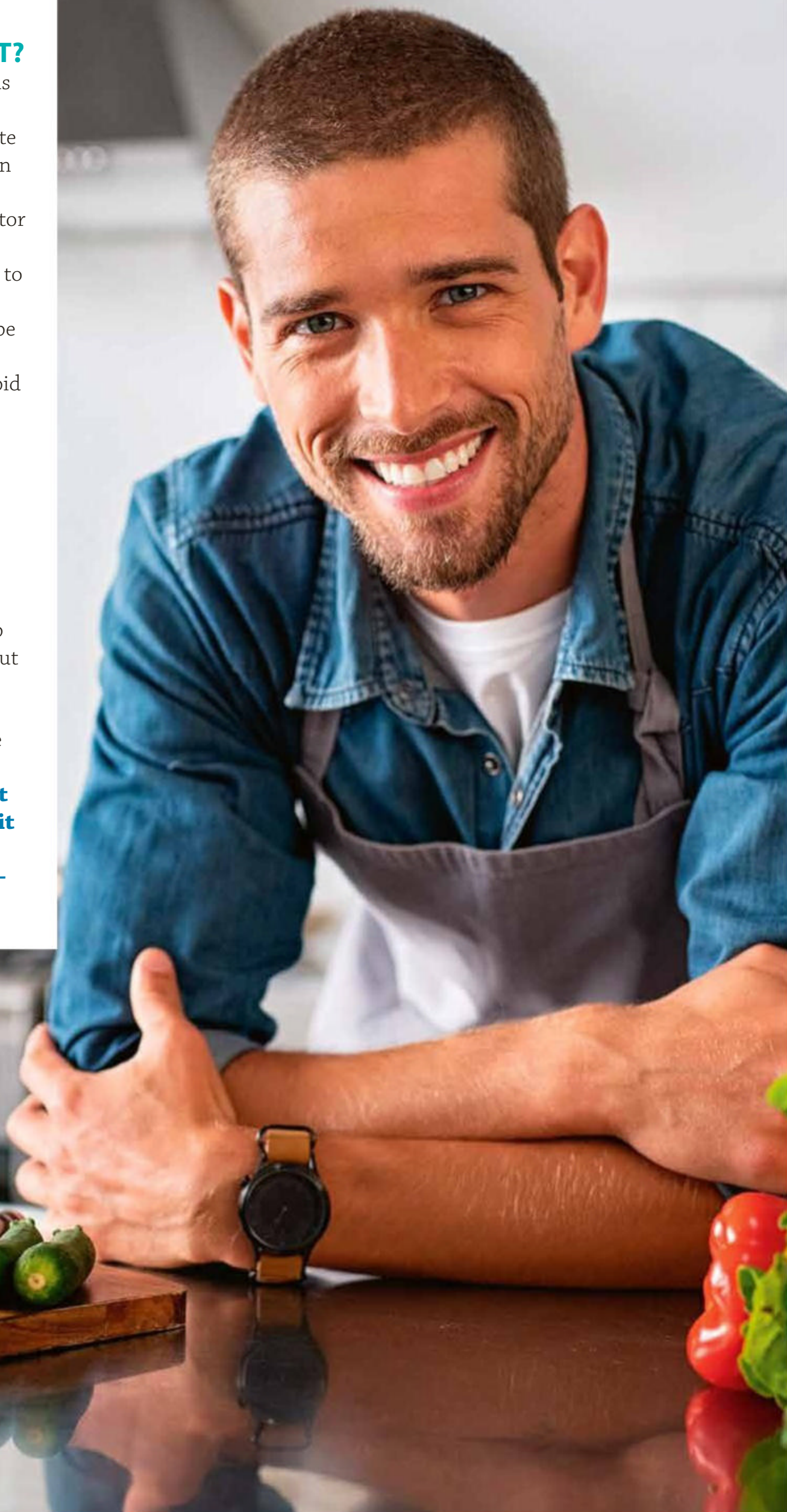
IS A DEFINITIVE DIAGNOSIS IMPORTANT?

Correct classification of diabetes is the ideal, but the most important thing to get right is the appropriate treatment and a management plan specifically for you, says Baker Heart and Diabetes Deputy Director Professor Jonathan Shaw.

“It’s not always straightforward to determine if diabetes is type 1 or type 2,” he says. “Blood tests can be helpful, but don’t always tell us exactly how to treat a person. Rapid and unplanned weight loss in someone with high blood sugar levels, or high blood sugar levels despite a healthy diet and taking diabetes tablets are signs that insulin may be necessary.”

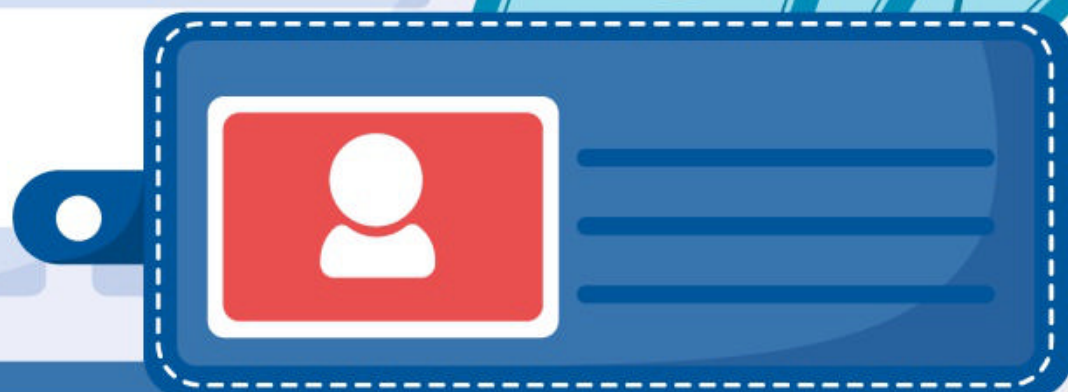
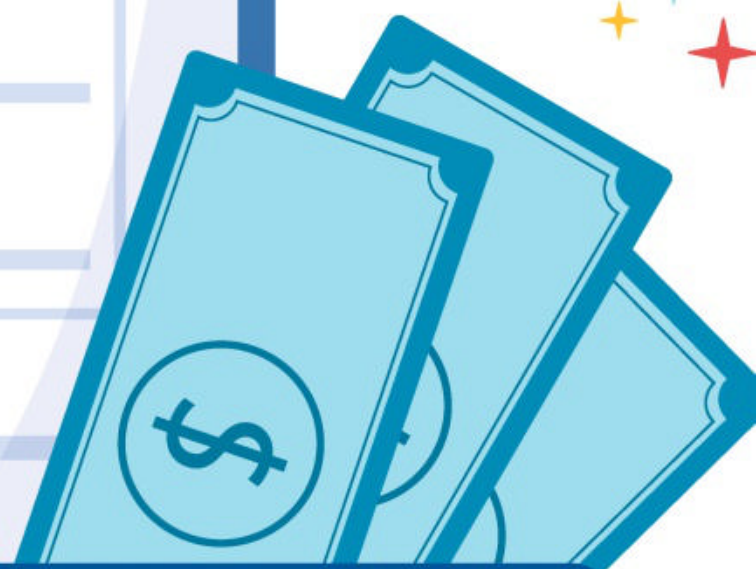
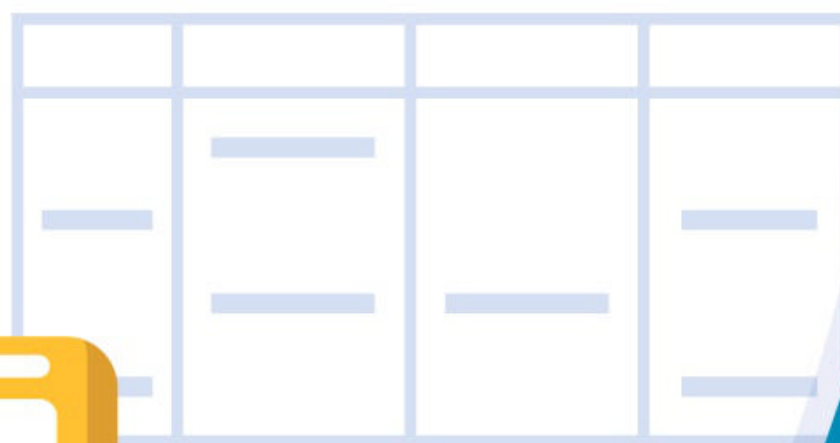
All types of diabetes are serious and require appropriate management and support to keep people well. If you are unsure about your diagnosis, having a conversation with your doctor or diabetes management team is the best place to start.

For more information about understanding diabetes, visit baker.edu.au/health-hub/fact-sheets/understanding-diabetes



MAKING sense OF THE DOLLARS

There is no doubt that living with type 1 diabetes will impact your budget, but there are ways you can minimise its effect.



DOLLARS AND DIABETES



When you have type 1 diabetes, it's important to see a variety of health professionals regularly to keep your health on track. The cost of seeing a diabetes health professional will depend on who you see and where they work.

Most major public hospitals provide free public diabetes services. While services vary, you will generally have access to a range of diabetes health care professionals, including endocrinologists, diabetes educators and dietitians.

You may choose to seek care through the private health system. In this case, you may find that different diabetes health care professionals charge varying levels of fees (depending on location and specialty), however, you should be partially reimbursed through Medicare or your health fund if you're insured.

You'll be required to have regular blood tests and other pathology tests throughout each year. Most (if

not all) of these tests can be provided free of charge through Medicare, provided your doctor requests bulk billing.

The Medicare Safety Net provides financial assistance if you have high costs for out-of-hospital medical services that attract a Medicare benefit. Once you reach the Medicare Safety Net threshold, visits to your doctor and pathology tests will cost less for the rest of the calendar year.

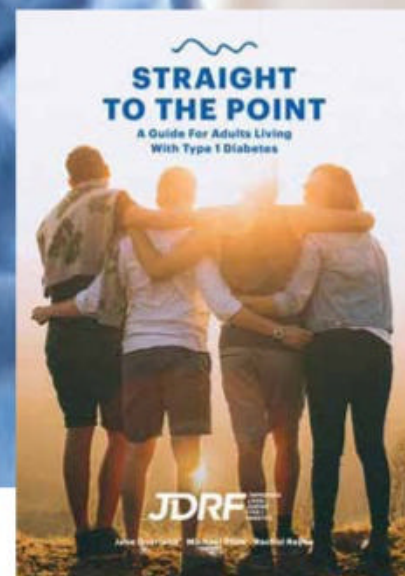
For more information, contact Medicare on humanservices.gov.au or phone 132 011.



GETTING HELP

People with a chronic condition (like type 1 diabetes) are able to access allied health services like podiatry, psychology and optometry through Medicare. A rebate is available through a 'GP Management Plan' for a maximum of five services per patient each calendar year. Your GP can provide further information.





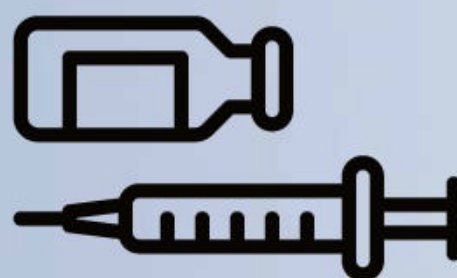
Straight to the Point is a free guide for adults living with T1D and you can download it here jdrf.news/STTP



MEDICATION & CONSUMABLES

Insulin

Insulin is available on the Pharmaceutical Benefits Scheme (PBS). This means if your doctor provides you with a prescription, and you're eligible for Medicare, the cost of the insulin will be subsidised by the Federal Government. For each prescription you will receive either:



- **5x10ml vials of insulin (if you use syringes or an insulin pump), or**

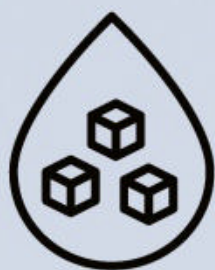


- **5 boxes of 5x3ml pen fills (if you use an insulin pen).**

This amount of insulin should last for three to six months. Your doctor can also include a repeat prescription, which means you can purchase a further supply of insulin without having to see your doctor.

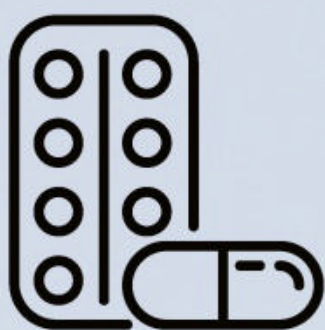
However, it's important to note that the repeats are only valid for 12 months after the date the original prescription was written. Also, pharmacies won't necessarily stock the type of insulin you use and may need to order it, so don't leave getting supplies until you're already out of spare vials/cartridges.





GlucaGen Hypokit™

Glucagon is a medication used to treat severe hypoglycaemia if you're unable to take anything to eat or drink by mouth. It's given by an injection into the fat or muscle. You should have glucagon at home and someone you live with should know how to use it. The GlucaGen Hypokit™ can be purchased on prescription at the chemist. You will need to check the expiry date of your GlucaGen Hypokit™ regularly.



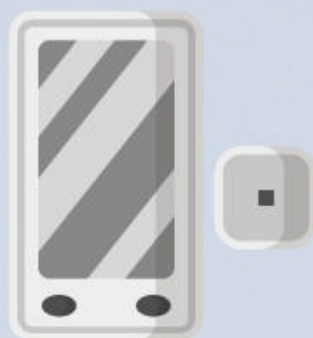
Other medications

Your doctor may prescribe additional medications, such as cholesterol-lowering tablets, or blood pressure-lowering tablets. These are sometimes taken by people with diabetes as a precaution to reduce the likelihood of complications in the future. You may need to factor the cost of such medications into your budget.



Blood glucose monitors

Blood glucose monitors vary in price but are usually less than \$100. There are a number of different types available, and there is no 'right' or 'wrong' meter – just choose one that suits you.



Continuous glucose monitoring systems

There are a number of continuous glucose monitoring systems available in Australia. The annual cost of using one of these systems varies between around \$2500 and \$5000 a year.



Lancing devices

Lancing devices are usually provided with blood glucose meters, and replacement packets of lancets are available through online diabetes stores or your local pharmacy. Once again, there are different types of lancets. If you have sensitive fingertips you may prefer to purchase a lancing device that allows you to adjust the depth of the needle, or one with finer needles. Some are less painful than others!

Identification

A bracelet or necklace that identifies you as a person with type 1 diabetes can be purchased for as little as \$20 from a pharmacy or through specialist providers such as MedicAlert® Foundation. Other attractive options are available online, for example beaded or leather bracelets. Membership of MedicAlert® Foundation is free for the first year and approximately \$30 each year thereafter.

Sharps containers

Used syringes or pen needles shouldn't be put in the household bin, so you'll need to buy an approved sharps container. These can be purchased through your local pharmacy or online diabetes stores for a small cost.



The National Diabetes Services Scheme (NDSS)

Blood glucose and urine ketone strips, insulin syringes, insulin pen needles and pump consumables are subsidised by the National Diabetes Services Scheme (NDSS).

To qualify for NDSS benefits you must be eligible for Medicare. You also need to complete a registration form, have it signed by your GP, endocrinologist or diabetes educator and return it to Diabetes Australia (GPO Box 9824 in your capital city).

There is no cost to register for the NDSS and you do not need to be a member of Diabetes Australia to be eligible. Once you have registered, an NDSS card will be issued to you. Keep this card in your wallet, as you will need it when ordering your diabetes products.

NDSS products can be purchased through an NDSS-registered pharmacy. These pharmacies have a sign displayed stating their affiliation.

While you can generally purchase diabetes supplies at non-NDSS pharmacies, be aware that the cost will not be subsidised by the Federal Government so these items will be significantly more expensive.

For more information visit
ndss.com.au.

WHAT IS Wegovy?

Meet Wegovy, the new once-weekly weight-loss injection that research shows helps people lose significantly more body weight than those using diet and exercise alone. Hailed as a revolutionary weight-loss treatment, it works by acting like an appetite-suppressing hormone and, since its release in the US in mid-2021, a huge social media buzz has seen demand for Wegovy skyrocket.

The thing to know though, is Wegovy isn't actually completely new. Its active ingredient is something called semaglutide, which is already used to lower blood sugar in people living with type 2 diabetes thanks to the way it helps to control how the pancreas works. For that purpose, it's sold under the name Ozempic.

Apart from having different approved uses, the main difference between Ozempic and Wegovy is dosage, with Wegovy containing a bigger dose of semaglutide per injection than even Ozempic's strongest dosage.

Same drug, same supply shortages

Semaglutide's effectiveness and new-found popularity as a weight-loss treatment means that recently, there's been a worldwide shortage of both Wegovy and Ozempic. This shortage began to impact Australia in early 2022 when Novo Nordisk, the company that manufactures both drugs, couldn't supply Australia with enough Ozempic to meet an unexpected increase in demand for it here, due to off-label prescribing for weight loss.

What does 'off-label' mean? It's where a drug that's approved for use for one condition, gets prescribed for use in another and it happens regularly in the Australian healthcare system. So, in lieu of

Wegovy's availability in Australia, GPs started prescribing Ozempic, officially a diabetes medication, for weight loss.

In February, Novo Nordisk let Australia's Therapeutic Goods Administration (TGA) know that limited Ozempic stock would start arriving in the country, but supply was expected to remain interrupted for some time. As a result, GPs were asked not to prescribe Ozempic off-label.

So, is Wegovy coming to Australia? And what should you know about it?

Wegovy has been approved for inclusion on the Australian Register of Therapeutic Goods by the TGA, but (at the time of print) Novo Nordisk hasn't confirmed when it will launch and supply the product in Australia.

When and if it is available, its approved use will be for chronic weight management, as an addition to a reduced-energy diet and increased physical activity, when specific criteria are met.

At the moment, it also looks like Wegovy wouldn't be included on Australia's Pharmaceutical Benefits Scheme, or PBS, either, which means its cost to the consumer won't be subsidised by the government. It's a similar story when Ozempic is prescribed for weight loss off-label. While people prescribed Ozempic for type 2 diabetes can have a prescription filled for \$30 or less, it costs up to \$200 for a month's supply off-label.

And when you consider that Wegovy only works for weight loss while you're taking it, with clinical trials confirming that people tend to regain the majority of the weight they've lost once they stop treatment, the long-term cost could be significant.

By now, you've probably heard about a new weight-loss drug that's helping people achieve remarkable results. So, what is it? Is it available in Australia? And does it deliver long-term benefits?

Dietitian Lyndi Cohen wants you to take a deep breath and think about your weight, and health, in a whole new way.



GET OFF THE **diet**

ROLLERCOASTER

You're smart. You already know that health is a marathon, not a sprint. But at times, you've been so blinded by the desire to lose weight, so motivated to break free from that 'ick' feeling in your body, that you go from never exercising to signing up for a 5am boot-camp (even though you hate circuit training). Or you return to a weight-loss method that once worked for you, only to find you can no longer stick to it, a common state called diet burnout. And so you oscillate from daily takeaway and boozy weekends to kale salads and nightly meditation.

This is the all-too-familiar diet rollercoaster. In this chapter, we'll talk about the things that keep you stuck on the diet rollercoaster, and how to get off at the next stop and return to solid ground.

Like me (and probably you as well), my client Katie had spent her whole life dieting. So by the time she arrived at our first appointment, she'd been trapped in the all-or-nothing cycle with food and her weight for many of her 36 years. And now, she was finally done.

She leaned towards me, removed her reading glasses, and explained in a clear, calm voice, 'Lyndi, I'm not expecting perfection, but I would love to be able to stop swinging from "being good" to eating to the point of being uncomfortable.' I knew exactly what she was talking about. Then she added, 'I'd also love to be able to eat a biscuit or a piece of chocolate without being driven to finish the packet. I've been doing that my whole life and it's not working for me.'

She was right. And if you can relate to one or more of the following, you can probably benefit from making a mindset shift, too.

** I eat really well during the week but I blow out on the weekend.*

** I try to be 'good' or undereat when I've eaten something 'bad'.*

** Seeing a number on the scale that I did not want makes me feel like I've failed.*

** I have tried quitting sugar/carbs only to binge on them later.*

** I feel like nothing I do is good enough.*

** If I start eating unhealthily, I think, 'I may as well keep going, finish the packet and start fresh tomorrow.'*

** I'm either really good or eating ice cream straight from the tub. There's no in-between.*

Sound familiar? This is what I call an 'all-or-nothing' approach. Often, uttering words like 'always', 'never' or 'have to' will be a good hint that you're stuck in this unhelpful mindset. Like a pendulum at full length, you're swinging so fast from one extreme to the other that you can never get to that restful place in the middle.



Your Weight is not the Problem by Lyndi Cohen
Published by Murdoch Books, RRP \$32.99.



Diet burnout

If you're a frequent-flyer dieter, you might have noticed this frustrating thing happening. Each dieting attempt has become less effective than the one before. When you first started dieting, you could stick to the plan for a while. Maybe you even had quite a bit of success and longevity. You lost weight like you wanted to, you felt great and everyone told you what a wonderful higher-level, saintly being you were. But with each subsequent diet pursuit, you've become less able to stick to diet rules, structured eating or gruelling exercise.

And now, even after you've gone back to the original plan, app or program that once worked, things have changed. You just can't do it anymore! You now barely last a few hours or days of trying to be 'good' before you end up crouching in the pantry scavenging for anything with a calorie. Perhaps you're becoming less tolerant of the bullshit? Possibly. (I hope so!) You're probably experiencing diet burnout.

While diet burnout is frustrating, it's actually driven by the inbuilt protective mechanism we know as starvation mode. You start a diet but, as your body protests the deprivation and slows your metabolism, the motivation quickly dissolves into eff all. Hunger increases, weight loss slows or you gain weight even though you are eating the exact same food. Or you get flung into a cycle of good-bad eating, propelled by guilt and shame.

Do you have diet burnout?

Here are some quick ways to know if you're in the land of diet burnout:

- * You can only stick to a diet for a few hours, days or weeks.
- * You are constantly starting from scratch.
- * You would love to get healthier but

you feel paralysed to do anything differently.

- * When you think about all the things you have to do to get to your goal weight, you feel overwhelmed and end up doing nothing.
- * You feel disheartened and desperate about your weight yet you feel stuck, or you are – frustratingly – gaining weight.
- * Your weight feels like a problem that's holding you back.

Why the hate-hate relationship?

Your body associates dieting with being unsafe, a stressful state where food is scarce. So unfortunately, you can't simply 'try harder' or recruit more willpower. While you think your conscious brain (free will and all that jazz) is in control, your unconscious has a vested interest in keeping you safe. Which means fed. And nourished. It'll almost always pick binge or overeating over starvation any day of the week.

The only way to recover from diet burnout is to stop dieting. To finally accept that even though you once lost weight with group weigh-ins and calculating calories, it doesn't mean you will lose weight again. But that is not to say there is no hope and that you should give up on health efforts. On the contrary, there are many pathways one can take to be healthier, and I am offering an alternative direction with the insights presented in this book.

The willpower fallacy

It's hard to shake the feeling that if you just 'tried harder' or 'had more willpower' you'd be able to lose weight. Things would be different! After all, you've seen friends or colleagues who've shed kilos or you've run into an old acquaintance who is now much slimmer. See! It

can be done.

Part of the reason you're stuck on the diet rollercoaster is that you believe getting healthy means losing weight (it doesn't) and you are relying on willpower to help you make changes. Willpower is good for tasks like getting through a boring presentation or smiling when your mother-in-law asks why you don't clean your house more often. But willpower is completely unreliable, like that flaky friend who constantly cancels on you, or who is too busy flirting with the bar staff when you need a wingperson.

This is the willpower fallacy. We convince ourselves that sticking to a diet is as simple as trying hard enough. Just because it occasionally happens for some people, we assume it should be possible for us as well. But relying on willpower to be healthy is like relying on your cat to wake you up for an important meeting. Yes, it MAY happen . . . but it's very unlikely, and there are much better solutions.

It can be quite helpful to think of willpower like a computer's RAM. When you have too many tabs open, the computer gets overloaded. Struggling to keep up with the demands and requests, the whole system freezes. A spinning wheel appears . . . Human willpower is much the same. This is why willpower might be enough to get you started on a health journey, but it's not enough to keep you firmly planted in healthy habits over the long term.

Keep in mind that eating healthily and exercising isn't the only thing that you rely on willpower for. Simply getting through your day will burn through precious willpower. Each task, from making your bed to putting away your folded laundry, uses another little byte of your willpower RAM.

The mistake most people make is

relying on willpower to lose weight or get healthy and to stay there. Depending on it over the long term. Wearing it thin, resulting in it failing you. When you most need it, it feels like your willpower has popped off early to enjoy happy hour while you ravage the fridge.

Stop relying on willpower

When you reach a weight-loss plateau your body may have activated starvation mode, so further restricting food by more intense dieting may only serve to boost your appetite and slow your metabolism.

This could explain why it's easier to stick to your diet earlier in the day, lapping up your chia pudding and chowing down a tasteless salad for lunch, but you when you get home in the afternoon, fatigued (and maybe stressed, emotional or both), your willpower leaves you quicker than you can say, 'Where are the damn chocolate biscuits?'

In Part 2 of this book, I'll introduce you to the hierarchy of healthy habits, along with essential and doable skills so that you can reduce your dependence on willpower and find more consistency with your health.

Health-kick highs and the health pendulum

If dieting is a rollercoaster ride, what we want is a nice smooth road to better health. We need balance. Existing on salad alone and living at the gym isn't 'balance'. And nor is getting sloshed on boxed wine each week and ordering enough takeaway to fund the delivery driver's upcoming wedding in Bali.

I've seen this happen with tonnes of clients. They find themselves in a 'health-kick high'. It's the buzz you get when you start doing healthy things. It can feel great to finally have broken free from the inertia of

book extract



it's cheap!



taste this!



diet tomorrow!



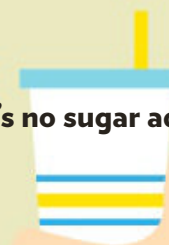
it's home-made!



eat this!



it's no sugar added!





diet burnout. There's a goal weight in mind and you're going after it. You're liking the person you are while you're doing these things. You're optimistic that this could be the new you!

Feeling motivated and renewed, you sign up to a sparkly gym and buy expensive superfoods. The high you get from being on a health kick convinces you to take on a tonne of new habits in one go. This is how, if you're not mindful of it, the health-kick high can lead to a major swing in the health pendulum.

So we adopt all the habits we want, all at the same time. We go from partying too much to alcohol-free living. From not exercising much at all to early mornings at daily HIIT classes. From eating out often to following intense low-carb diets. We all know balance is the key, but when we're feeling blah in our bodies, having a bad body-image moment, we're more likely to adopt too many habits all at once. Not only that, we are also more likely to adopt extreme, unsustainable goals.

The biggest mistake we make is to go too hard, too fast. It's understandable that we do this. We want to feel better NOW. We are propelled by hating how we look or feeling crummy after seeing a photo in which we hate how we looked. We believe the quicker we get this done while motivation is high, the faster we'll get there.

One of the major flaws with the health-kick high is

that it doesn't last, just like a drug-induced high. With time, your willpower reserves deplete, the initial momentum wanes (especially if you hit a weight-loss plateau), you have a week of less-than-perfect eating or you injure yourself. Any setback can break the spell. Even though it feels so good to be in it, it's not a long-term strategy for health.

In your life, there will naturally be moments when you're healthier. And times when you do less healthy things. That's normal and all part of living a healthy life. Someone who has never dieted before instinctually understands this. When they eat more than they usually do, like when they're on holiday, they don't try to compensate by skipping meals or going on a diet once they get back home. They don't vow to 'be good', cut out carbs or stay in their room while the breakfast buffet is on. Instead, when they get home, they simply go back to living their life as normal. As a result, they come right back to 'balance'. Soon, equilibrium has been restored.

But for us dieters, it's different. Because we have those pain-in-the-ass diet rules, we feel immense guilt for deviating away from how we think we should be eating. The script in a dieter's brain is far less forgiving. It says, 'You messed up, you have to fix this.' Fuelled by an unnecessary sense of failure, you overcorrect and overcompensate for what you perceive as 'bad' behaviour.

It's important to realise that beating yourself up for going a little wild on the weekend doesn't help you to

“The biggest mistake we make is to go too hard too fast. We want to feel better NOW.”



be healthier. It can actually drive you further away from balance. When guilt kicks in on Sunday evening, instead of waking up on Monday morning and moving on with your life as usual, intense self-blame may convince you to double down on your weight-loss efforts in order to undo the long-lunching, cocktails and cheeseboard. And so you swing the health pendulum into 'strict' or 'clean eating' territory. You throw yourself into a weight-loss pursuit, or skip meals. You overcorrect for something that didn't need correcting.

Each time you overcompensate for 'bad' eating, the health pendulum tends to swing even more intensely away from health.

You may end up with increased cravings, intense hunger and feeling deprived. And so, by the following weekend you feel the need to let loose after being so 'good' all week. And the cycle continues. Each time this happens, you get further away from health, away from balance. Further from your goal. And this pendulum continues to swing, never allowing you to gently sway in the middle where balance exists. Finding a bit more balance is the goal.

I'm not going to suggest you give up on your hangouts with your besties or trips to the vineyard (that's a sure-fire way to suck joy out of life). The key to breaking this viciously swinging pendulum? Breaking up with guilt; noticing it and roadblocking it before it triggers another extreme. Guilt might look like lying in bed at night, upset with yourself for eating the leftover sandwich crusts from your preschooler's lunch box or for eating the entire box of chocolates you were meant to sell for charity; or guilt might turn up to ruin your mood when you skip a day or a week of workouts, resulting in you feeling like a failure.

Guilt is often the thing that drives the pendulum to swing to the extremes, along with all those noisy diet rules. So work on noticing when guilt is winding you up and learn to forgive yourself, not punish yourself. In Part 2, we'll also be focusing on how to build strong, healthy habits that feel enjoyable and doable. When you notice the temptation to swing to an extreme, this will be the thing you can always come back to.



SHIFTING TOWARDS BALANCE

Here's an idea. What if there is nothing wrong with eating a bit healthier during the week and indulging a little on the weekend? Like when you get back from holidays and you suddenly crave homecooked, lighter meals again, there's a certain balance that comes from relaxing around food and having fun.

Of course, if the divide between your weekend and weekday eating feels like a giant leap, there are things you can do so that it's less extreme.

» Relaxing how you eat during the week with fewer diet rules will certainly help soften the difference in your eating and exercising patterns between a weekday and a weekend.

» Alcohol is an important thing to consider, too. There are a whole bunch of people who choose to be alcohol-free (which is fab). There are also month-long campaigns encouraging us to give up alcohol completely, and if you find laying off alcohol temporarily helps you drink less in the long term, I'm all for it. But the idea of

committing to temporary abstinence, only to binge drink when the restrictions are lifted, feels like just another pendulum swing. What if the aim is rather to drink a little less rather than going cold turkey, which feels like bandaids instead of a real solution? Alternating alcoholic drinks with a glass of water is a smart thing to do as it can help you drink less and reduce the effects of a hangover. Changing the way you catch up with friends – suggesting a walk or picnic sometimes instead of a night out, or brunch instead of dinner – can also help.

» When doing healthy stuff doesn't feel like a punishment or chore, you might find you're happy to do these things on the weekend as well. We'll talk about this more in Part 2.

» Using the hierarchy of healthy habits (see Chapter 4) can help you find more balance by prioritising the stuff that matters the most, rather than wasting precious willpower 'trying to be good'.

WHAT TO DO WHEN YOU NOTICE THE URGE TO DIET



1. Notice guilt (without judgement)

Becoming aware of guilt is the first step. After all, guilt is the petrol that fuels dieting attempts and leads to extreme pendulum swings in health. For example, are you lying in bed at night doing mental arithmetic to work out if you've been 'good' or 'bad' that day? This may be a sign that guilt has turned up.

2. Forgive yourself

You really don't need to eat perfectly to be healthy. Let me repeat that again. You don't need to eat perfectly to be healthy. Keep this statement with you in your back pocket, so when you get a whiff of guilt, you can remind yourself of this important statement. You probably already know that this is true, but reminding yourself of it often may help prevent those dreaded and mightily unhelpful feelings of guilt, shame, regret and anger that can follow eating more than we planned, or not eating perfectly.

3. Reframe your guilt

Often, we feel guilt when our behaviour goes against the set of 'rules' we've been taught about how things 'should' be. But what if the very blueprint for what you 'should' be doing is wrong? Instead of seeing guilt as a sign of your weakness, consider that it's actually a signpost that you need to challenge the 'rules' and adopt better, more realistic thinking around food and health.

ESSENTIAL TAKEAWAYS

* You're not imagining it. Each dieting attempt is becoming less effective due to diet burnout. The only way to recover from diet burnout is to stop dieting.

* There are many ways to be healthy. Letting go of dieting may enable you to be able to forge a new and better way forward.

* Believing that willpower is the solution to help you get healthy and stay there sets you up for all-or-nothing living. This is the willpower fallacy. If you want to be more consistently healthy, you need to stop relying on willpower.

* Overcompensating for eating more than we planned can lead the health pendulum to swing from very unhealthy to obsessively healthy. Finding balance is key to long-term health.

* Food guilt fuels the health pendulum to swing to extremes. Breaking up with guilt by noticing when it happens and adjusting your self-talk is key.

7 NEED-TO-KNOW FACTS ABOUT... diabetes & kidney disease

Diabetes is the most common cause of Chronic Kidney Disease. Learn more about this condition and how to protect yourself from developing it.

1 What is kidney disease?

The kidneys filter waste products from the blood, which are then removed from the body through urine. Kidney disease occurs when the nephrons (tiny filtering units inside the kidneys) become damaged. Chronic Kidney Disease (CKD) refers to any condition that affects this cleaning process for 3 months or longer.

2 CKD and diabetes

Kidney disease that is caused by diabetes is called Diabetic Kidney Disease (DKD) or Diabetic Nephropathy. Up to half of people with diabetes will end up with DKD. A patient's risk of developing the disease is related to how long they've been living with diabetes. High blood glucose levels eventually damage the blood vessels, and when this damage occurs in the kidneys, it leads to DKD.

3 Symptoms

You can lose up to 90% of your kidney function before you experience any symptoms. The first sign is usually high levels of protein in the urine. It can be years before there is enough damage for

noticeable symptoms to occur, which include:

- changes in frequency and quantity of urination
- blood in urine
- fluid retention (oedema) in legs or face
- high blood pressure
- fatigue and poor concentration
- nausea and vomiting
- shortness of breath
- back pain

4 High blood pressure

High blood pressure and kidney damage are related in two ways:

- High blood pressure damages the kidneys and makes existing kidney disease worse.
- The kidneys play a role in maintaining blood pressure, so CKD causes high blood pressure.

Living with both diabetes and CKD also increases the risk of nerve damage and eye damage, so it's important for your blood pressure to be well-managed.

5 Prevention

Many of the things you already do to manage your diabetes are also recommended to protect yourself from CKD:

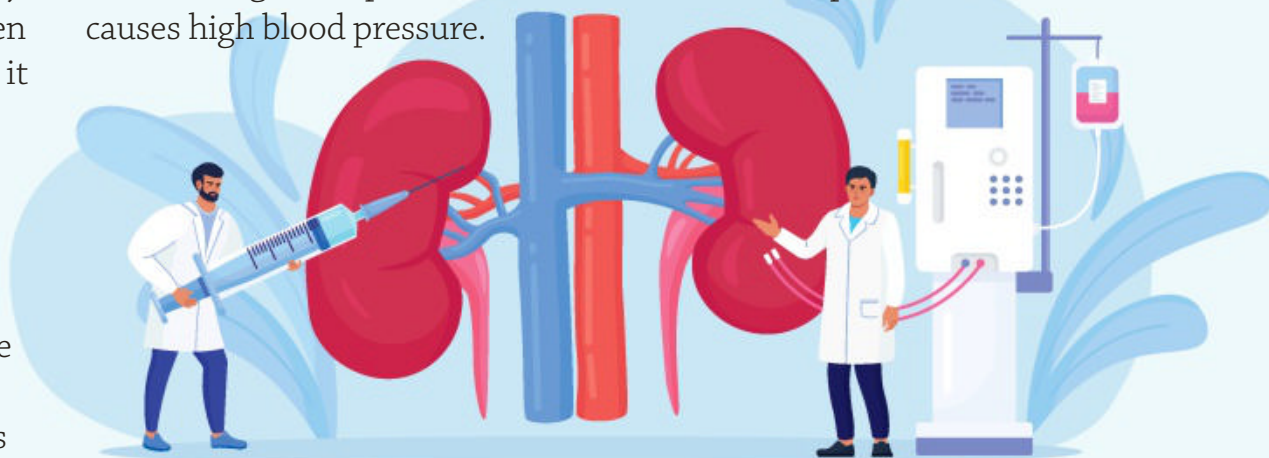
- Manage blood pressure and blood glucose levels
- Eat a healthy diet, including reducing salt and sugar intake
- Drink plenty of water
- Limit alcohol intake
- Try to lose weight if overweight
- Stay active
- Quit smoking

6 Treatment if diagnosed

In the early stages of kidney disease, a healthy lifestyle will prolong the life of your kidneys. Medication to control your blood pressure may also be beneficial. If DKD progresses to kidney failure, patients require kidney replacement therapy which is usually dialysis several times a week, or kidney transplant.

7 Early detection is key

It's important to have a kidney health check every year, as early detection and treatment of DKD may increase the life of your kidneys and prevent kidney failure. The health check includes a urine test, blood test and blood pressure test.



A continuous glucose monitor is a wonderful source of information
but do you really know what you're looking at?

INTERPRETING YOUR

cgm

DATA



Continuous glucose monitoring (CGM) is an important tool that can help people with diabetes to monitor and manage their blood glucose levels, particularly for those who use insulin. The additional information provided by CGM can help you make informed decisions about how to adjust insulin doses and/or lifestyle habits, which in turn can help you better manage your diabetes. However, the amount of data provided by your CGM can be overwhelming and often hard to understand. We asked DL Mag dietitian and diabetes educator Dr Kate Marsh to explain how to make sense of the information provided by your CGM and how to use this data to help you in managing your diabetes.

***continuous glucose monitor**

UNDERSTANDING YOUR CURRENT DATA

How you view your current data will depend on which CGM device you use. For real-time CGM devices (e.g. Dexcom G6 and Medtronic CGM devices) you can review your glucose data at any time by looking at an app on your smartphone, your compatible insulin pump or a separate receiver. If you use a flash glucose monitor (Freestyle Libre) you can review your glucose levels by scanning your sensor with your smart phone or reader.

In both cases, the main things that you will see are your current glucose level, a trend arrow, and a history of what your blood glucose levels have been doing over the last few hours. This will tell you whether your glucose level is within or outside your target range and whether it is stable, rising, or falling. This can help you make a decision about whether you need to take any short-term action. For example, do you need to treat a low blood glucose level or take action if your blood glucose level is in the low normal range and dropping? If your blood glucose level is above your target range, do you need to give a correction dose of insulin, check that your insulin pump is working properly, or head out for a walk?

Essentially, current CGM data allows you to see where your blood glucose levels are at the present time and to take action to keep your blood glucose levels in your target range. Your diabetes health professionals can help you work out your individual target range and a plan of action to take if your blood glucose levels are above or below this range.



UNDERSTANDING YOUR HISTORICAL DATA

Your CGM device is constantly collecting and saving your data, so you can also go back and look at a history of your glucose levels over different time periods – for example, over the past 2 weeks, the past month or the past 3 months. This can help you look for patterns and trends that could highlight the need for a change in your diabetes management. It can also be helpful to look at this data along with your diabetes health professionals so they have more information to better support and advise you. Each of the CGM devices allows you to add additional information into the app or reader, including insulin doses, food intake, exercise and other notes, which can be helpful when interpreting your CGM data. It can be overwhelming to add all of this information on an ongoing basis but it might be helpful to do some detailed record keeping for a week or two to share with your diabetes health professionals so they can better understand your blood glucose patterns.

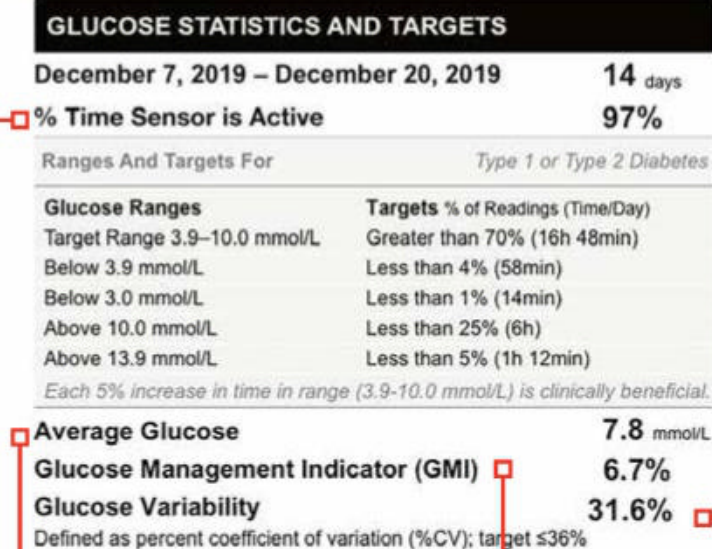
To view your past data, you will need to log in to your CGM account (Medtronic CareLink if using any of the Medtronic CGM devices, LibreView if using the Freestyle Libre and Dexcom Clarity or Diasend/Glooko if using the Dexcom G6).

THE SUMMARY REPORT

While each of the devices offers a range of different reports, most include a standardised one-page report called the ambulatory glucose profile report, or AGP report for short.

This report summarises key glucose data provided by your CGM to make it easier to understand and more actionable for both you and your diabetes health professionals. This report may look different depending on the device being used, but summarises data for the past 14 days and includes:

The percentage of time the device has been active (i.e. the amount of time you have been wearing your CGM over the past 2 weeks).

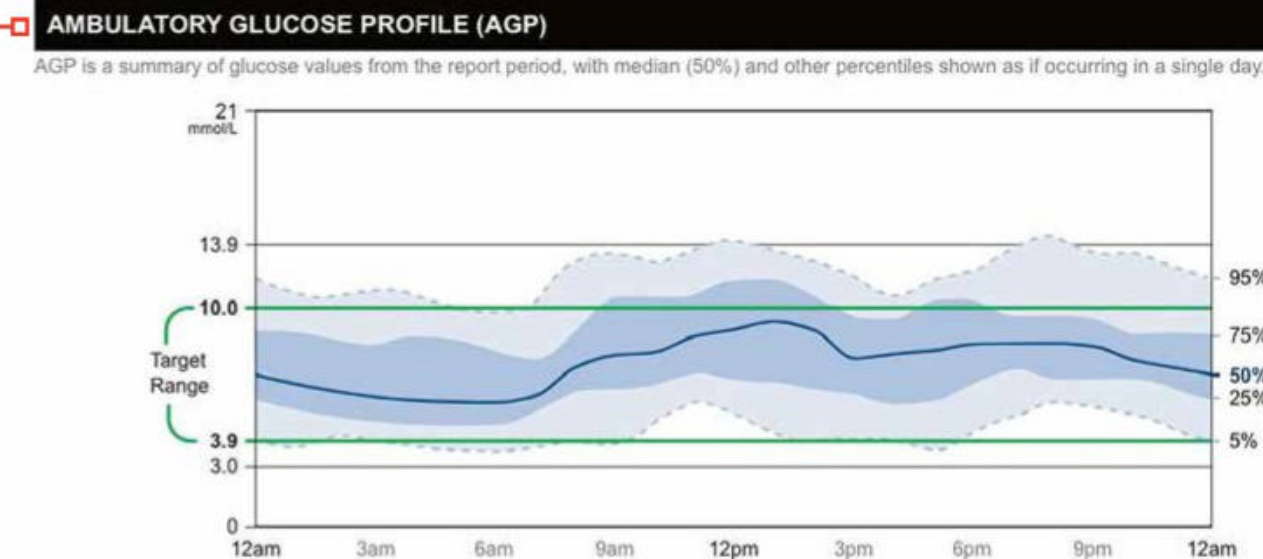


Your average glucose level during this time.

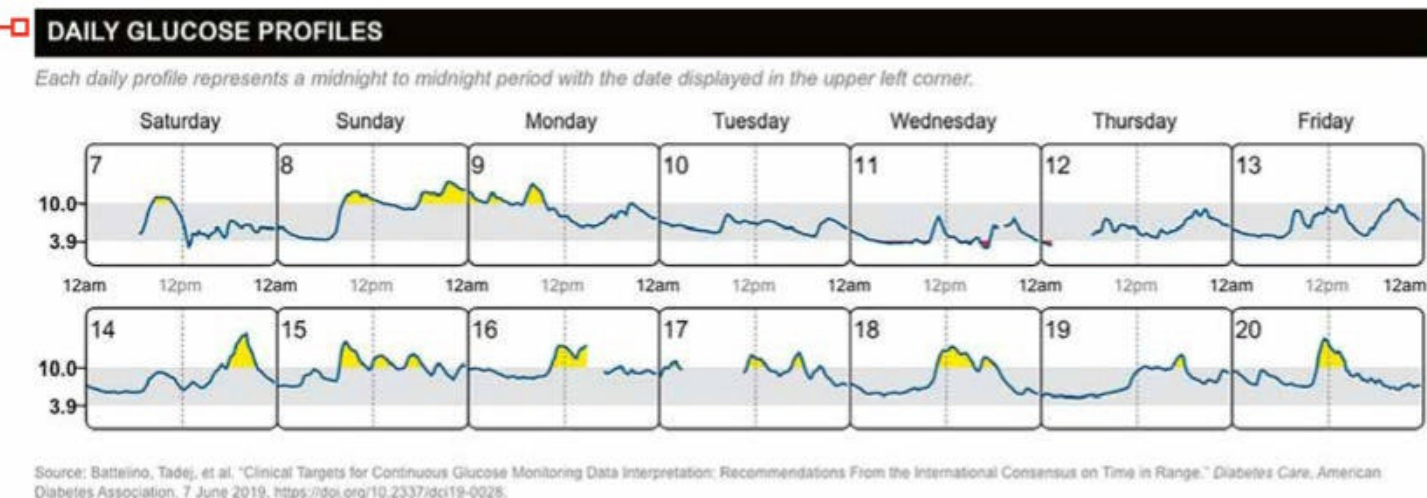
The glucose management indicator (GMI) gives an estimate of your HbA1c.



The ambulatory glucose profile shows your daily glucose trends across a full 24-hour day.



Daily glucose profile graphs can show you any differences in your blood glucose levels from day today.



TIME-IN-RANGE

One of the most useful parts of the AGP report is the time-in-range graph. This is a coloured bar which shows the percentage of time you spend in five different glucose ranges:

Target range: Glucose levels between 4-10 mmol/L

Low: Glucose levels below 3.9 mmol/L

Very low: Glucose levels below 2.2 mmol/L

High: Glucose levels above 10 mmol/L

Very high: glucose levels above 13.9 mmol/L

The goal is to increase the time you spend within your target range (ideally more than 70%) and reduce the time below the range (ideally less than 4% in the low range and less than 1% in the very low range). However, your target range should be individualised to your situation and goals. While a target range of 4-10 mmol/L is recommended for many people with diabetes, some people may need a higher target range (e.g. older individuals, people who have a

history of severe hypoglycaemia or difficulties detecting symptoms of hypoglycaemia) and others may need a lower range (e.g. women who are pregnant). Speak with your diabetes health professionals about your individual target range and time-in-range goals.

IN SUMMARY

One of the major benefits of CGM is the amount of additional information it provides, but all of this information can also be overwhelming. The key is learning how to use and interpret the information provided by your device so you can use it to improve your diabetes management rather than letting it become something else to worry about. This is where your diabetes educator or diabetes specialist can help. Getting the right training upfront, along with ongoing help to review your CGM data, can ensure this technology is something that supports your diabetes management rather than being an added burden.

Time-in-range data

shows the percentage of time your glucose levels are in your target range or above or below this range. This is discussed further at right.

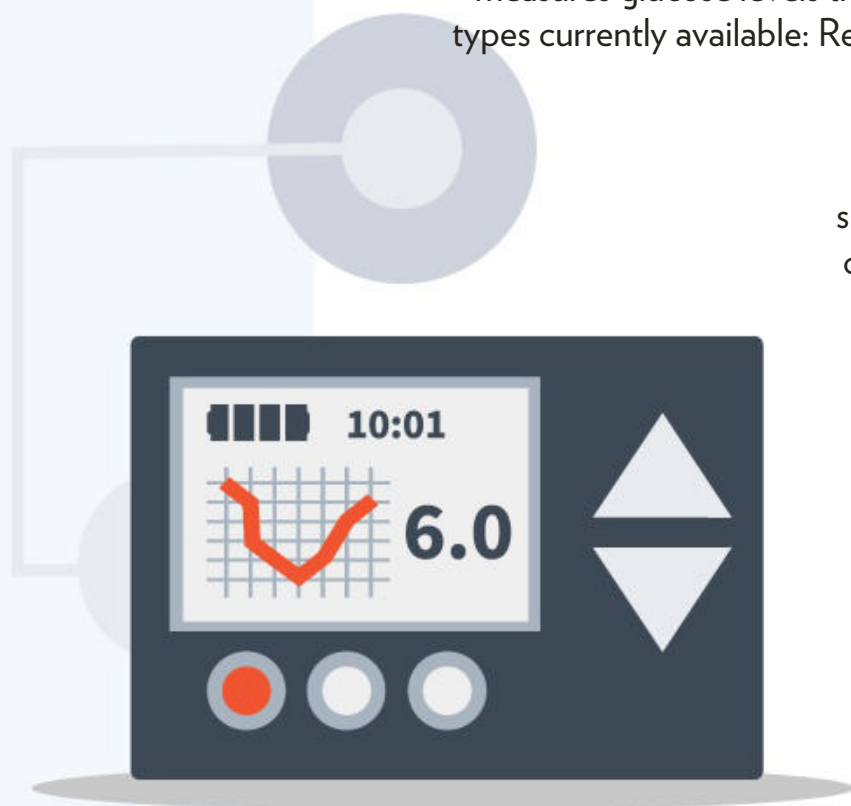
Glucose variability is a measure of how variable your glucose levels are from day-to-day. A lower variability is better as it shows that your blood glucose levels are more stable from day-to-day and a value of less than 36% is considered a good target to aim for.

WHAT IS CONTINUOUS GLUCOSE MONITORING?

A continuous glucose monitoring (CGM) device is a small wearable device that measures glucose levels throughout the day and night. There are two main types currently available: Real-time CGM devices and flash glucose monitors.

REAL-TIME CGM DEVICES have a sensor, transmitter and reader (which can also be a smartphone or insulin pump) and the transmitter constantly sends information from the sensor to the reader to display glucose readings and provide alerts if readings move outside your individually set target range. Examples include Dexcom G6 and Medtronic CGM devices.

A FLASH GLUCOSE MONITOR also measures glucose levels continuously, but doesn't have a transmitter, so you need to scan the sensor with a reader or smartphone to get your reading. The only flash glucose device currently available in Australia is the Freestyle Libre 2.



prediabetes

NATALIE RIXON, PREDIABETES

my story

**“I’m proud of the fact
that I’ve gotten hold
of my health”**



When **Natalie Rixon**, now 33, discovered she had prediabetes soon after she'd turned 20, it was a shock and a relief all rolled into one. What she did next changed her future.

It was around my 18th birthday that I started to feel really unwell. I was lethargic, I had no energy and I felt like I was always sleeping. As someone who'd been a really active, sporty kid who was always bouncing around and played basketball every day after school, it was not only really hard to take, I just couldn't work out what was going on.

"I was also putting on weight, which I just put down to my body changing due to being in my late teens. But when my period stopped I finally went to see a doctor.

"After a few tests, I was diagnosed with PCOS, or polycystic ovary syndrome, and was put on the Pill to help manage the symptoms. The trouble was, I didn't really feel any better.

"I saw a number of other doctors who couldn't work out what was wrong with me, until finally I found a really lovely GP who ran all the right tests and worked out that I was right on the borderline of having type 2 diabetes.

"Looking back, I guess because I wasn't particularly overweight and I was quite young, no one had suspected diabetes up until then. Plus,

the focus was very much on my PCOS at the time.

"Learning I had prediabetes was a big surprise, but it was also a relief to have an answer to why I was feeling so unwell."

A fork in the road

"My doctor made it very clear that if I didn't take action by making some lifestyle changes, it wouldn't be long before I'd need to start taking medication to manage my blood sugar levels. But to be honest, at the time I didn't really know much about type 2 or what the consequences would be for me, if I did go down that path.

"As soon as I was diagnosed though, my doctor referred me to a dietitian called Kate Save and she helped me realise that everything I thought I knew about nutrition was wrong! I'd been eating far too many carbohydrates, thinking they'd help when I was lacking energy, and not nearly enough protein. In hindsight, it was one of the worst things I could have done for my blood sugar levels, but I didn't know any better. And, because my heritage is Italian, I'd grown up eating all the carbs, like a big pasta dish with garlic bread on



“I’d been eating far too many carbohydrates, thinking they’d help when I was lacking energy, and not nearly enough protein... and, because my heritage is Italian, I’d grown up eating all the carbs, like a big pasta dish with garlic bread on the side.”

the side. That way of eating was such a big part of my family’s culture.

“With Kate’s help, I lost about 10kg and my blood sugar fell below the prediabetes range. I did get gestational diabetes when I was pregnant with my son, who’s now four, and needed medication then, but now, whenever I have my levels checked, everything is stable.

“I know though, that I’m in this for the long haul and prediabetes is something that will always be in the background for me. The only way I’ll stay on top of it is by living a healthy lifestyle and eating a healthy diet, which for me means getting that balance between carbohydrates and protein right. It’s something I’ll have to be aware of and manage for the rest of my life.”

Help with healthy eating

“As well as having a fulltime job in public relations, my husband and I also own a CrossFit gym, which we

run together, and I train there five days a week, too. Life is busy and to be honest, finding time to prepare and eat healthy, nutritious meals can be difficult sometimes.

“So when Kate launched Be Fit Food, it was a game changer for me. I make sure I always have a few Be Fit Food frozen meals stored in the freezer so when I’m doing really long hours at work, I know I’ve got a quick and convenient dinner at home that ticks all the nutritional boxes, already sorted. I love the snack options that are available, too. It just makes life easy.

“I’m proud of the fact that I’ve gotten hold of my health. That feels so good and it’s not something I’ll ever take for granted. I know the future could have looked quite different for me but now, I’m genuinely excited to get older! I know how to look after my body and my health now, and feel like I’ve got all the right tools and help around me to make that happen. So yes, I’m really excited and looking forward to what’s to come.”

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that P=1, N=2, and G=7. You can record each letter as you work it out in the letter checker at the bottom of the grid.

21	9	16	6	18	21		11	20	23	18	16	4	12		23	14	10	12	5	21
	20		9		9		20		10		18		16		24		14		16	
10	18	2	16		4	12	1	20	18		1	16	7	16	2		5	10	18	25
	18		14		20		18		12		9		2		17		16		16	
19	24	22	13	10	18		24	14	4	7	16	12	4		20	10	2	10	23	9
		16			11	14	22		2				13	24	26				18	
16	2	25	18	20	21		21	9	16	1	20	18	22		17	24	6	5	16	14
	10		24						17		2						4		3	
4	12	16	7	20	21		16	3	20	2	7	20	11		21	10	2	9	16	17
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1	21	16	18	12	21		5	14	16	4	18	18	20		4	2	23	9	20	21
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8	10	4	15		20	3	4	23	17		4	2	7	24	17		10	2	4	17
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1	2	3	4	5	6	7	8	9	10	11	12	13
P	N					G						
14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

- 11** Ghostly double of a living person (12)
12 Swift-running ruminant mammal (8)
13 John ---, The Beatles founder (6)
14 South American nation (9)
15 Frizzy 70s hairstyle (4)
16 Cash (5)
18 In a run-down state (9)
20 Number in an octet (5)
23 Closeness (8)
24 Easy and unobstructed progress (5,7)
26 In person (4-2-4)
28 Characteristic (5)
30 Largest continent (4)
31 Children's book puppy created by Eric Hill (4)
32 List entries (5)
34 TV remote (10)

- 35** Time payment (4,8)
37 Metric unit of weight (8)
39 Dock (5)
41 Institutional dining hall (9)
42 Beer mug (5)
45 --- of Eden, James Dean film (4)
46 Time between midday and evening (9)
48 *The World's Fastest ---*, biographical sports drama film (6)
50 Borderland (8)
51 Unseen observer (coll.) (3,2,3,4)

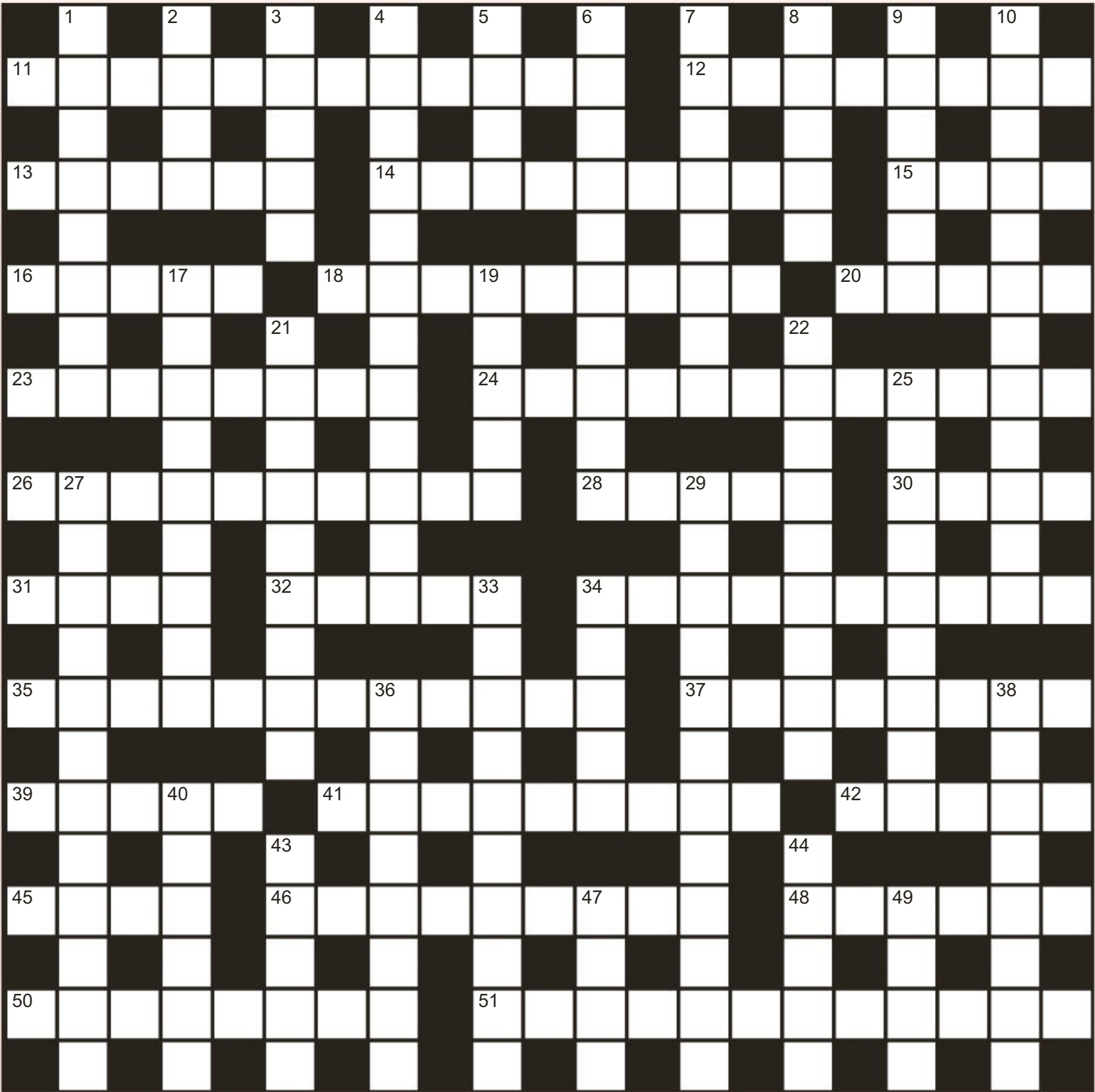
DOWN

- 1** Bereft of a sweetheart (8)
2 Candid (4)
3 Russian pancake (5)
4 US frontierswoman (8,4)
5 Highly excited (4)
6 Move a tree from one place to another (10)
7 Ornate tent (8)
8 Map book (5)
9 Acid neutraliser (6)
10 Uneasy (12)
17 Point from which earthquake waves originate (9)
19 Pakistani currency (5)
21 Requiring much exertion (9)
22 Cowardly (9)
25 Coloured windowpane (9)
27 Gladiatorial arena (12)
29 Leo Tolstoy classic (4,8)
33 Astronauts' vessel (10)
34 Crawled (5)
36 Animal, beast (8)
38 Friendly, cordial (8)
40 Plump (6)
43 French capital (5)
44 Vision (5)
47 Banded quartz (4)
49 --- Fraser, Olympic swimming legend (4)

	8	2						
		5	4	3	1	8		
7						4		
6			8	5				3
	7		3		9		8	
3				7	6			9
		9						7
		7	9	1	5	2		
						9	3	

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

Across: 11 Doppelgänger, 12 Antelope, 13 Lennon, 14 Argentina, 15 Afro, 16 Money, 18 Disrepair, 20 Eight, 23 Intimacy, 24 Plain Sailing, 26 Face-To-Face, 28 Trait, 30 Asia, 31 Spot, 32 Items, 34 Controller, 35 Hire Purchase, 37 Kilogram, 39 Wharf, 41 Refectory, 42 Stein, 45 East, 46 Afternoon, 48 Indian, 50 Frontier, 51 Fly On The Wall.
Down: 1 Lovelorn, 2 Open, 3 Blini, 4 Calamity Jane, 5 Agog, 6 Transplant, 7 Pavilion, 8 Atlas, 9 Alkali, 10 Apprehensive, 17 Epicentre, 19 Rupee, 21 Laborious, 22 Dastardly, 25 Leadlight, 27 Amphitheatre, 29 Anna Karenina, 33 Spacecraft, 34 Crept, 36 Creature, 38 Amicable, 40 Rotund, 43 Paris, 44 Sight, 47 Onyx, 49 Dawn.

Crossword

1	5	6	7	4	2	9	3	8
8	3	7	9	1	5	2	6	4
2	4	9	6	8	3	1	5	7
3	2	8	1	7	6	5	4	9
5	7	4	3	2	9	6	8	1
6	9	1	8	5	4	7	2	3
7	1	3	2	6	8	4	9	5
9	6	5	4	3	1	8	7	2
4	8	2	5	9	7	3	1	6

Sudoku

1	P	N	V	I	B	W	G	Q	H	U	D	M	F
14	R	Z	A	T	L	J	E	S	Y	C	O	K	X
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Code Cracker

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Alix

Alix Davis, Editor

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 64 Cinnamon & pecan breakfast bar ●●
 72 Microwave scrambled eggs ●
 75 Potato scones with smoked salmon & sour cream
 76 Vanilla & cinnamon breakfast rice ●●

LIGHT MEALS & SNACKS

- 84 Banana choc-chip mini muffins ●●
 49 Capsicum, pumpkin & harissa soup ●●●●
 48 Carrot & ginger soup ●●●●
 44 Corn chowder ●●●
 68 Curried tuna & cucumber bites ●●
 84 Date & walnut loaf ●●
 69 Kale chips ●●●
 67 Salmon & rocket muffins ●●
 71 Spicy corn cob ●●●
 66 Spicy popcorn ●●●
 71 Spinach & cream cheese dip ●●●
 64 Spring green frittata with goat's cheese ●●●
 84 Strawberry & cottage cheese muffins ●●

MAINS

- 87 60 second lunch ●
 56 Balsamic beef stew with vegie mash ●
 32 Beef, tomato & cinnamon stew ●●●
 20 Buddha bowl salad ●
 53 Cabbage roll enchiladas ●
 28 Chicken parmigiana ●●
 34 Crab mac 'n' cheese ●●
 19 Creamy beetroot & feta pasta ●●●
 25 Easy piri-piri pulled pork ●●●
 26 Eggplant parmigiana lasagne ●●●
 38 Florentine spinach poached eggs ●●●
 37 Hoisin pork & radish fried rice ●
 50 Italian-style vegetable soup ●●
 47 Mexican bean soup with guacamole ●●●
 30 One-pan coconut dhal ●●●
 42 One-pan pesto & cod rice ●
 58 Pork with caramelised onions & cabbage ●
 38 Roast chicken with dill aioli & pea salad ●

- 18 Roasted teriyaki vegetable bowl ●●
 42 Saag paneer ●●●
 40 Sausage, spinach & chilli pasta ●●
 58 Slow cooker turkey ●●
 56 Spiced chicken hotpot ●
 17 Spinach falafel & hummus bowl ●●
 20 Smoked chipotle chicken soup ●●

DRINKS

- 66 Beetroot, orange & ginger juice ●●
 76 Kefir breakfast smoothie ●●

DESSERTS

- 87 Apple & cinnamon bites ●●
 80 Apple & cinnamon oat cups ●●
 87 Chocolate & pistachio strawberries ●●●
 64 Mango & lime semifreddo ●●●
 87 Mixed berry compote ●●●
 80 Rebecca's carrot cake loaf with cream cheese icing ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

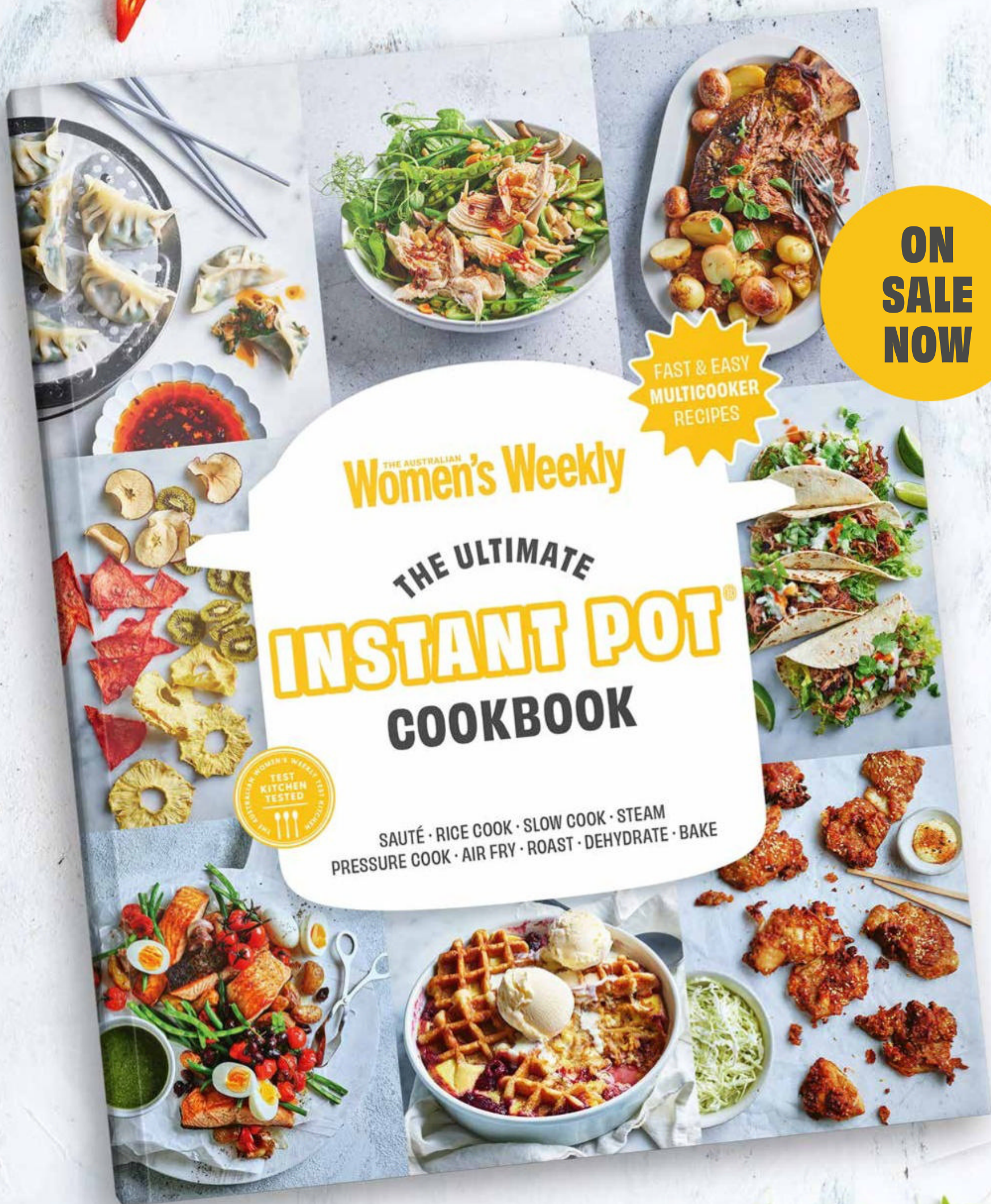
COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



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